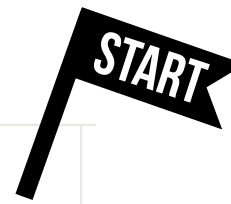


# BYS January 30 Day Challenge

Sunday



# YOGA RITUAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <u>Stress Relief Meditation</u>
2 <u>Morning Flow: Yoga For Energy.</u>	3 <u>Restorative Flow: Everyday Restorative Yoga Sequence</u>	4 <u>Slow Flow: Total Body Yoga Flow For Strength</u>	5 <u>Hips &amp; Hamstrings: 5 Minute Yoga Stretch For Hips &amp; Hamstrings</u>	6 <u>Power: 20 Minute Total Body Power Yoga</u>	7 <u>Focus on: Yoga For Lower Back Pain</u>	8 <u>Meditation: Nervous System Reset</u>
9 <u>Morning Flow: Yoga For Sore Muscles</u>	10 <u>Restorative Flow: Yoga To Release Neck And Shoulder Tension</u>	11 <u>Slow Flow: 20 Minute Total Body Yoga Flow For Strength</u>	12 <u>Hips &amp; Hamstrings: 10 Minute Yoga For Hip &amp; Hamstring Strength</u>	13 <u>Power: 20 Minute Upper Body Power Yoga</u>	14 <u>Focus On: Yoga For Tight Hip Flexors</u>	15 <u>Meditation: For Sleep</u>
16 <u>Morning Flow: Yoga For Flexibility</u>	17 <u>Restorative Flow: Yoga For Anxiety Relief</u>	18 <u>Slow Flow: 15 Minute Total Body Yoga Flow For Flexibility</u>	19 <u>Hips &amp; Hamstrings: 15 Minute Yoga For Hip Mobility</u>	20 <u>Power: 10 Minute Core Power Yoga</u>	21 <u>Focus On: Yoga For Core Strength</u>	22 <u>Meditation: For Focus</u>
23 <u>Morning Flow: Yoga For Tight Shoulders</u>	24 <u>Restorative Flow: Yin Yoga For Lower Back Tightness</u>	25 <u>Slow Flow: 20 Minute Total Body Yoga Flow For Flexibility</u>	26 <u>Hips &amp; Hamstrings: Yoga For When You've Been Sitting All Day</u>	27 <u>Power: 15 Minute Lower Body Power Yoga</u>	28 <u>Focus On: Yoga For Improving Posture</u>	29 <u>Meditation: Relaxing Body Scan</u>
30 <u>Morning Flow: Stretch For Everyday</u>	31 <u>Reflection Exercise</u>					



\*\*\*30-Day Yoga Ritual\*\*\*  
 Thirty days of new yoga classes to energize and motivate you. Each day of the week will have a theme:

- Mondays: Morning Flows
- Tuesdays: Restorative Yoga
- Wednesday: Slow Flows
- Thursdays: Hips & Hamstrings
- Fridays: Power
- Saturdays: Focus On: Specific Problems
- Sundays: Meditation

Make 2023 the year you stick with it.