

BYS March Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 <u>Yoga For Tight Shoulders</u>	28 <u>Tight Hip Flexor Fix</u>	1	2 <u>Low Back Release</u>	3 <u>Stretch For Sore Legs</u>	4	5 <u>Yoga For Sciatica</u>
6 <u>Yoga for Strong Shoulders & Back</u>	7 <u>Glute Activation Tutorial & Mini Class</u>	8	9 <u>Yoga For The Back</u>	10 <u>Strengthening Feet & Ankles</u>	11	12 <u>Connect to the Core & Pelvic Floor</u>
13 <u>Yoga For Upper Crossed Syndrome</u>	14 <u>Stabilize your hips & Pelvis</u>	15	16 <u>Low Back Love</u>	17 <u>Yoga For Runners</u>	18	19 <u>Yoga to Fix a Crick in the Neck</u>
20 <u>Quick Posture Fix</u>	21 NEW CLASS <u>Hip Mobility</u>	22	23 <u>Yoga For Low Back Tightness</u>	24 <u>Ankle & Calf Release</u>	25	26 <u>Yoga therapy for sensitive knees</u>
27 <u>Fix Your Tech Neck</u>	28 <u>Hip & Glute Strength</u>	29	30 <u>Stubborn Anterior Pelvic Tilt Fix</u>	31 <u>Leg Day Recovery</u>	1	2 <u>Yoga for the IT band</u>

Notes

The theme for March is No More Aches & Pains. We will focus on relieving tightness, strengthening in a smart way and bring awareness to all the things that need to work in our bodies to help keep them pain free

