

# BYS April: Strong Shoulders

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

3 <u>Yoga For Toned Shoulders</u>	4	5 <u>Post Swim Flow</u>	6	7 <u>20 Min Upper Body Power Yoga</u>	8	9 NEW CLASS <u>Yoga For Shoulder Mobility</u>
10 <u>Upper Body Yoga Workout</u>	11	12 <u>Yoga To Release Neck &amp; Shoulder Tension</u>	13	14 <u>45 Min Sweat Sesh</u>	15	16 <u>Yoga For Tight Shoulders</u>
17 <u>Upper Body Strength &amp; Posture</u>	18	19 <u>Yoga For The Neck &amp; Shoulders</u>	20	21 <u>Balanced Power: Upper Body Power Flow</u>	22	23 <u>Yin For the Upper Body With Rose</u>
24 <u>Headstand &amp; Shoulder Strengthening Yoga</u>	25	26 <u>Yoga For Upper Crossed Syndrome</u>	27	28 <u>Yoga For Strong Shoulders &amp; Back</u>	29	30 <u>Upper Body Yin Yoga</u>

## Notes

Ever look at a yoga teacher's back and arms like 'Dang did you get all that from yoga?!' The answer, my friends, is a hell of a lot of Chaturangas! It is so easy to skip all the heavy upper body work (guilty as charged), but it is so key in keeping our shoulders healthy. So, the theme for April is "Strong Shoulders." Don't worry - to be truly strong, they also need to be functional! So we will work on our mobility too.

