

# BYS June: Accountability Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <u>Strong &amp; Supple Full Body Flow</u>	30 <u>Yoga Core Strength Workout</u>	31 <u>Day 18: Head-To-Toe Yoga Sequence</u>	1 REST	2 NEW CLASS <u>Intention Setting Flow</u>	3 GO FOR A WALK	4 <u>Total Body Yin Yoga</u>
5 <u>Fresh Start Flow</u>	6 <u>5-Minute Core Quickie</u>	7 <u>Full Body Flexibility</u>	8 REST	9 <u>20-Minute Total Body Yoga Flow for Flexibility</u>	10 GO FOR A WALK	11 <u>Full Hour Total Body Flow</u>
12 <u>Springtime Full Body Flow</u>	13 <u>Day 2: Core Strength Quickie</u>	14 <u>Wednesday Yoga Flow</u>	15 REST	16 <u>15-Minute Total Body Yoga Flow for Flexibility</u>	17 GO FOR A WALK	18 <u>Total Body Wiggly Flow With Rose</u>
19 <u>Full Body Hug</u>	20 <u>Slow &amp; Steady Abs</u>	21 <u>Layered Sensations</u>	22 REST	23 <u>45 Minute Morning Yoga Stretch</u>	24 GO FOR A WALK	25 <u>Treat Yo-Self Flow!</u>
26 <u>Day 17: Slow Full-Body Flow</u>	27 <u>Yoga For The Obliques</u>	28 <u>Catch All</u>	29 REST	30 <u>Total Body Tension Takedown</u>	1 GO FOR A WALK	2 <u>Easy Like Sunday Morning</u>

Notes  
Time for a Mid Year Accountability Challenge! This month, lets make Tuesdays all about the core, Saturdays are for taking a long walk and the rest of the week, enjoy full body balanced classes!

