

BYS August: Let's Get Flexy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 <u>Energizing Heart Opening Flow</u>	1 <u>A Twisty Treat</u>	2 <u>Non-Stop But No Rush Flow</u>	3 REST	4 <u>Total Body Toning Yoga Flow</u>	5 <u>Focus on: Compass</u>	6 REST
7 <u>Something Different for the Back & Hips</u>	8 <u>Flip Flop Flow</u>	9 <u>Only Twists</u>	10 REST	11 <u>Yoga For Hip & Hamstring Flexibility</u>	12 <u>Total Body Tension Takedown</u>	12 REST
14 <u>Back Flexibility Flow</u>	15 <u>Happy Dance</u>	16 <u>Happy Hips: Hip Flexibility</u>	17 REST	18 <u>Full Body Flexibility</u>	19 <u>Focus on Mermaid & King Pigeon Flow</u>	20 REST
21 <u>30-minute Back Bending Flow</u>	22 <u>Stretchy Soothing Flow</u>	23 <u>I Do What I Want</u>	24 REST	25 <u>Meandering Flow</u>	26 <u>60 Minute Hips & Hamstrings</u>	27 REST
28 <u>Flow for Neck Back & Shoulder Flexibility</u>	29 <u>Rhythmic Freedom Flow</u>	30 <u>Feel Beautiful Flow</u>	31 REST	1 <u>Whole Lotta Hips</u>	2 <u>Full Hour Total Body Flow</u>	3 REST

Notes:
This month - Let's get flexy! Enjoy a month of stretchy, somewhat challenging classes. If you joined us for Functional Flexibility last month, these classes will really show up any progress you made in your flexibility. Can you get closer to poses you struggled with previously? Can you flow between your poses more easily?

