

BYS September: Take a breath

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

4 REST	5 <u>Yoga For Tight, Achy Hips</u>	6 REST	7 <u>Upper Body Yin Yoga</u>	8 REST	9 <u>Yin Immersion: Yin After A Long Day</u>	10 <u>Balanced Power: Power Core Flow</u>
11 REST	12 <u>30-Min Yin Yoga for the Lower Back & Hips</u>	13 REST	14 <u>Total Body Yin Yoga</u>	15 REST	16 <u>Yin Immersion: Find Your Bliss</u>	17 <u>Balanced Power: Chill Lower Body Power Flow</u>
18 REST	19 <u>Yin Yoga for Low Back Tightness</u>	20 REST	21 <u>Yin For Upper Body With Rose</u>	22 REST	23 <u>Yin Immersion: Yin to De-Socialize</u>	24 <u>Balanced Power: Upper Body Power Flow</u>
25 REST	26 <u>Yin Yang. Sweaty Soothing Flow</u>	27 REST	28 <u>Chill Pill</u>	29 REST	30 <u>Yin Immersion: Vinyasa Flow</u>	1 <u>Balanced Power: Full Body Power Flow</u>

September can be a stressful time for a lot of us: Getting back into routines and creating new ones --- it can be A LOT. So let's take a breath this month. We will do some nice calming Yin classes throughout the week with lots of rest days in between so there's less need to worry about fitting it in. On Sundays, we will energize for the week to come with a power class so you still get your heart rate up a little at least once a week. Get ready to reset and feel good.

