

# BYS January: Feelin' Flexy

New Year New Flexibility Goals.

If you are following the brand-new Functional Strength course this month - This is the perfect yoga calendar to go along side your strength training. And if not, just enjoy some stretchy classes!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 NEW CLASS <u>Yoga For New Beginnings</u>	2 <u>40-Minute Hips &amp; Hamstrings Flow</u>	3 <u>A Twisty Treat</u>	4 <u>Yoga To Release Neck &amp; Shoulder Tension</u>	5 <u>Full Body Flexibility</u>	6 REST	7 REST
8 <u>Easy Going Detox Flow</u>	9 <u>Yoga For Hip &amp; Hamstring Flexibility</u>	10 <u>Totally Seated &amp; Supine Flow</u>	11 <u>Flow For Neck Back &amp; Shoulder Flexibility</u>	12 <u>20-Minute total Body Yoga Flow For Flexibility</u>	13 REST	14 REST
15 <u>Stretchy Soothing Flow</u>	16 <u>Something Different for the Back &amp; Hips</u>	17 <u>Back Flexibility Flow</u>	18 <u>Yoga For Tight Shoulders</u>	19 <u>15-Minute Total Body Yoga Flow For Flexibility</u>	20 REST	21 REST
22 <u>Morning Yoga For Sore Muscles</u>	23 <u>Yoga For Hamstring Flexibility</u>	24 <u>Yoga For Back Flexibility</u>	25 <u>Upper Body Restorative Yoga</u>	26 <u>40-Minute Total Body Tension Takedown</u>	27 REST	28 REST

