

# BYS April: Nostalgia For Days

This month we're taking a trip down memory lane.

The 30-Day Yoga Challenge is where SO MANY Bad Yogis started their journey. So we're gonna feel all the nostalgia as we do it all again!

This time, I challenge you to think about how these classes felt the first time you did them, and where you were in your life.

How far have you come?



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1 NEW CLASS <u>Anti-ageing Yoga P2</u>	2 <u>Day 1: Let's Get Started</u>	3 <u>Day 2: Yoga Workout For The Chest And Shoulders</u>	4 <u>Day 3: Yoga Workout For Posture</u>	5 <u>Day 4: Workout For Abs</u>	6 <u>Day 5: Yoga Core Strength Workout</u>	7 <u>Day 6: Yoga For The Lower Back</u>
8 <u>Day 7: How To Do Crow Pose</u>	9 <u>Day 8: Yoga For Back Flexibility</u>	10 <u>Day 9: Yoga Balancing Poses</u>	11 <u>Day 10: Yoga For The Side Body</u>	12 <u>Day 11: Restorative Yoga Flow</u>	13 <u>Day 12: Yoga For Wrists &amp; Hands</u>	14 <u>Day 13: Lower Back &amp; Hip Opening. Yoga</u>
15 <u>Day 14: Yoga For Runners</u>	16 <u>Day 15: Non-stop Standing Flow</u>	17 <u>Day 16: Learning Yoga Splits</u>	18 <u>Day 17: Slow Full Body Flow</u>	19 <u>Day 18: Head-to-toe Yoga Sequence</u>	20 <u>Day 19: Yoga Twists</u>	21 <u>Day 20: Headstand &amp; Shoulder Strengthening Yoga</u>
22 <u>Day 21: How To Do Yoga Headstands</u>	23 <u>Day 22: Restorative Yoga Flow</u>	24 <u>Day 23: Yoga For The Neck &amp; Upper Back</u>	25 <u>Day 24: No- Sweat Morning Yoga</u>	26 <u>Day 25: Sun Salutation Yoga Flow</u>	27 <u>Day 26: Yoga For The Office</u>	28 <u>Day 27: Yoga For The IT Band</u>
29 <u>Day 28: Learning Dancer Pose</u>	30 <u>Day 29: Yoga For Better Sleep</u>	1 <u>Day 30: Full Body Yoga</u>	2 <u>Yoga Ab Challenge: Slow &amp; Steady Abs</u>	3 <u>Yoga Ab Challenge: Get Abs While Lying Down</u>	4 REST	5 RES