

# BYS May: Effort & Ease

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 NEW CLASS <u>Wake Up &amp; Go</u>	7 <u>Mental Reset</u>	8 <u>Express Core Power</u>	9 <u>Thursday Flow: Evening Wind Down</u>	10 <u>40-Minute Fitness Inspired Flow</u>	11 <u>Everyday Restorative Yoga Sequence</u>	12 REST
13 <u>Go To Morning Power</u>	14 <u>Total Body Yin Yoga</u>	15 <u>Element Series: Fire</u>	16 <u>Next Best Thing To A Nap</u>	17 <u>Total Body Power Yoga</u>	18 <u>Morning Yoga Stretch For Everyday</u>	19 REST
20 <u>20-Minute Total Body Power Yoga</u>	21 <u>Yoga For Anxiety Relief</u>	22 <u>Classic Power Flow</u>	23 <u>Bedtime Flow</u>	24 <u>Fiery Power Flow</u>	25 <u>25-Minute Morning Yoga Stretch</u>	26 REST
27 <u>The Power Within</u>	28 <u>Yoga For When You're Too Tired</u>	29 <u>Full Body Power Flow</u>	30 <u>Wind Down</u>	31 <u>#WhateverErin Full Body Power Flow</u>	1 <u>Yoga To Chill The F Out</u>	2 REST

The weather often can't make up its mind in May and neither can we! This month we're going for the definition of Hatha Yoga; Sun and moon, Yin and Yang, Effort and Ease. We'll enjoy some warm and powerful classes in direct contrast to some cool calm and chill ones, aiming to bring a balance between the two energies.

