

# BYS June: Refresh

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

3 NEW CLASS <u>Hip &amp; Shoulder Stretch</u>	4 <u>Fresh Start Flow</u>	5 <u>Yoga For a Stiff Neck &amp; Shoulders</u>	6 <u>Hip &amp; Hamstring Yoga For When You've Been Sitting All Day.</u>	7 <u>Element Series: Air</u>	8 REST	9 REST
10 <u>Hip &amp; Back Highlights</u>	11 <u>I AM Open</u>	12 <u>Yoga To Release Neck &amp; Shoulder Tension</u>	13 <u>Yoga For Tight Achy Hips</u>	14 <u>Back Flexibility</u>	15 REST	16 REST
17 <u>40-Minute Hips &amp; Hamstrings Flow</u>	18 <u>Rise &amp; Shine</u>	19 <u>Yoga For Tight Shoulders</u>	20 <u>Yoga For Tight Hip Flexors</u>	21 <u>Heart Opening Flow</u>	22 REST	23 REST
24 <u>Yoga For Hip &amp; Hamstring Flexibility</u>	25 <u>30-Minute Daily Feel Good Flow</u>	26 <u>Yoga For Improving Posture</u>	27 <u>Whole Lotta Hips</u>	28 <u>Energizing &amp; Heart Opening Flow</u>	29 REST	30 REST



The Sun is coming out and we're shaking off those winter vibes. If you've been in hibernation mode until now, you'll love this.

We have a whole month of feel good, body resetting classes to help you open up those joints and feel refreshed, energized and ready to go.