

Yoga Month Challenge www.ekhartyoga.com/programs/yoga-month-challenge

<p>Day 1</p> <p>Standing poses 1 <i>Vinyasa flow</i> 35 min</p> <p>___/___ at ___:___</p>	<p>Day 2</p> <p>Sitting like a mountain <i>Meditation - 23 min</i></p> <p>___/___ at ___:___</p>	<p>Day 3</p> <p>Standing poses 2 <i>Vinyasa Flow</i> 40 min</p> <p>___/___ at ___:___</p>	<p>Day 4</p> <p>Open hips & feet <i>Yin Yoga</i> 67 min</p> <p>___/___ at ___:___</p>	<p>Day 5</p> <p>Standing poses 3 <i>Vinyasa Flow</i> 77 min</p> <p>___/___ at ___:___</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>
<p>Day 1</p> <p>Twist class 1 <i>Vinyasa flow</i> 40 min</p> <p>___/___ at ___:___</p>	<p>Day 2</p> <p>Detox the mind <i>Meditation - 35 min</i></p> <p>___/___ at ___:___</p>	<p>Day 3</p> <p>Twist class 2 <i>Vinyasa flow</i> 47 min</p> <p>___/___ at ___:___</p>	<p>Day 4</p> <p>Yin for detox <i>Yin Yoga</i> 78 min</p> <p>___/___ at ___:___</p>	<p>Day 5</p> <p>Twist class 3 <i>Vinyasa flow</i> 75 min</p> <p>___/___ at ___:___</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>
<p>Day 1</p> <p>Hips/Hamstrings 1 <i>Hatha</i> 40 min</p> <p>___/___ at ___:___</p>	<p>Day 2</p> <p>How are you? <i>Meditation - 25 min</i></p> <p>___/___ at ___:___</p>	<p>Day 3</p> <p>Hips/Hamstrings 2 <i>Hatha</i> 40 min</p> <p>___/___ at ___:___</p>	<p>Day 4</p> <p>Hams & hips <i>Yin Yoga</i> 36 min</p> <p>___/___ at ___:___</p>	<p>Day 5</p> <p>Hips/Hamstrings 3 <i>Hatha</i> 76 min</p> <p>___/___ at ___:___</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>
<p>Day 1</p> <p>Heart Opening 1 <i>Vinyasa flow</i> 35 min</p> <p>___/___ at ___:___</p>	<p>Day 2</p> <p>Connection <i>Meditation - 24 min</i></p> <p>___/___ at ___:___</p>	<p>Day 3</p> <p>Heart Opening 2 <i>Vinyasa flow</i> 45 min</p> <p>___/___ at ___:___</p>	<p>Day 4</p> <p>Yin for the heart <i>Yin Yoga</i> 30 min</p> <p>___/___ at ___:___</p>	<p>Day 5</p> <p>Heart Opening 3 <i>Hatha</i> 87 min</p> <p>___/___ at ___:___</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>	<p>Day 6</p> <p>Rest Day or Repeat class of choice</p>