

Movement of the Month Club

YOGA

For details go to bitly.com/MOTMICYoga

Day 1 Mountain	Day 2 Foward Fold to Halfway Lift	Day 3 High to Low Plank	Day 4 Upward Facing Dog	Day 5 Downward Facing Dog	Day 6 Warrior 1	Day 7 Full Foundational Flow
Day 8 Chair Pose	Day 9 Power Lunge	Day 10 Crescent Lunge	Day 11 One-Legged Mountain	Day 12 Figure Four	Day 13 Tree Pose	Day 14 Full Lower-Body Flow
Day 15 Goddess Pose	Day 16 Star Pose	Day 17 Warrior 2	Day 18 Extended Side Angle	Day 19 Standing Side Lunge	Day 20 Half Pigeon	Day 21 Full Hip-Opening Flow
Day 22 Child's Pose	Day 23 Bridge Flow	Day 24 Supine Windshield Wipers	Day 25 Supine Twist	Day 26 Happy Baby	Day 27 Corpse Pose	Day 28 Full Restorative Flow

well+good