

# YOGA

FIFTY TWO™

# 30-DAY YOGA FOUNDATION

NEW TO YOGA? CREATE A STRONG FOUNDATION FOR YOUR PRACTICE WITH THIS 30-DAY SCHEDULE.  
REINFORCE EVERY CLASS BY REPEATING IT ONCE SO YOU MASTER THE SEQUENCES, FORM AND TECHNIQUE BEFORE MOVING ON.

<input type="checkbox"/> <b>DAY 1</b> VINYASA FLOW WITH ODETTE CLASS 1: LEVEL 1	<input type="checkbox"/> <b>DAY 2</b> VINYASA FLOW WITH ODETTE CLASS 1: LEVEL 1	<input type="checkbox"/> <b>DAY 3</b> VINYASA FLOW WITH BRENT CLASS 2: LEVEL 2	<input type="checkbox"/> <b>DAY 4</b> VINYASA FLOW WITH BRENT CLASS 2: LEVEL 2	<input type="checkbox"/> <b>DAY 5</b> FLEX & FLOW WITH MICKI CLASS 3: LEVEL 2	<input type="checkbox"/> <b>DAY 6</b> FLEX & FLOW WITH MICKI CLASS 3: LEVEL 2	<input type="checkbox"/> <b>DAY 7</b> ESSENTIAL VINYASA WITH DAVID CLASS 4: LEVEL 2
<input type="checkbox"/> <b>DAY 8</b> ESSENTIAL VINYASA WITH DAVID CLASS 4: LEVEL 2	<input type="checkbox"/> <b>DAY 9</b> VINYASA FLOW WITH MARIE CLASS 5: LEVEL 2	<input type="checkbox"/> <b>DAY 10</b> VINYASA FLOW WITH MARIE CLASS 5: LEVEL 2	<input type="checkbox"/> <b>DAY 11</b> HEART-OPENING FLOW WITH ODETTE CLASS 6: LEVEL 1	<input type="checkbox"/> <b>DAY 12</b> HEART-OPENING FLOW WITH ODETTE CLASS 6: LEVEL 1	<input type="checkbox"/> <b>DAY 13</b> POWER FLOW WITH BRENT CLASS 7: LEVEL 2	<input type="checkbox"/> <b>DAY 14</b> POWER FLOW WITH BRENT CLASS 7: LEVEL 2
<input type="checkbox"/> <b>DAY 15</b> VINYASA FLOW WITH MICKI CLASS 8: LEVEL 2	<input type="checkbox"/> <b>DAY 16</b> VINYASA FLOW WITH MICKI CLASS 8: LEVEL 2	<input type="checkbox"/> <b>DAY 17</b> ZEN FLOW WITH DAVID CLASS 9: LEVEL 1	<input type="checkbox"/> <b>DAY 18</b> ZEN FLOW WITH DAVID CLASS 9: LEVEL 1	<input type="checkbox"/> <b>DAY 19</b> POWER VINYASA WITH MARIE CLASS 10: LEVEL 3	<input type="checkbox"/> <b>DAY 20</b> POWER VINYASA WITH MARIE CLASS 10: LEVEL 3	<input type="checkbox"/> <b>DAY 21</b> HIP-OPENING FLOW WITH ODETTE CLASS 11: LEVEL 1
<input type="checkbox"/> <b>DAY 22</b> HIP-OPENING FLOW WITH ODETTE CLASS 11: LEVEL 1	<input type="checkbox"/> <b>DAY 23</b> ATHLETIC FLOW WITH BRENT CLASS 12: LEVEL 2	<input type="checkbox"/> <b>DAY 24</b> ATHLETIC FLOW WITH BRENT CLASS 12: LEVEL 2	<input type="checkbox"/> <b>DAY 25</b> CORE VINYASA FLOW WITH MICKI CLASS 13: LEVEL 2	<input type="checkbox"/> <b>DAY 26</b> CORE VINYASA FLOW WITH MICKI CLASS 13: LEVEL 2	<input type="checkbox"/> <b>DAY 27</b> VINYASA FLOW WITH DAVID CLASS 14: LEVEL 2	<input type="checkbox"/> <b>DAY 28</b> VINYASA FLOW WITH DAVID CLASS 14: LEVEL 2
<input type="checkbox"/> <b>DAY 29</b> VINYASA WARRIOR WITH MARIE CLASS 15: LEVEL 2	<input type="checkbox"/> <b>DAY 30</b> VINYASA WARRIOR WITH MARIE CLASS 15: LEVEL 2					



Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, or using any supplement or meal replacement product, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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