

3 WEEK YOGA RETREAT™

CALENDAR

Simply follow this calendar day by day week by week, that's it. So roll out your mat, press play and escape to your retreat!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CORE 30 MINS. <i>TAKE YOUR "BEFORE" PHOTOS</i>	STRETCH 30 MINS.	BALANCE 30 MINS.	FLOW 30 MINS.	FLOW ON-THE-GO 20 MINS.	RELAX 25 MINS.	TAKE 10 AM•PM•ABS PICK ONE OR ALL! 10 MINS.
FOUNDATION WEEK							


2	CORE 30 MINS.	STRETCH 30 MINS.	BALANCE 30 MINS.	FLOW 30 MINS.	FLOW ON-THE-GO 20 MINS.	RELAX 25 MINS.	TAKE 10 AM•PM•ABS PICK ONE OR ALL! 10 MINS.
EXPANSION WEEK							

3	CORE 30 MINS.	STRETCH 30 MINS.	BALANCE 30 MINS.	FLOW 30 MINS.	FLOW ON-THE-GO 20 MINS.	RELAX 25 MINS.	TAKE 10 AM•PM•ABS PICK ONE OR ALL! 10 MINS. <i>TAKE YOUR "AFTER" PHOTOS</i>
PROGRESSION WEEK							



FOUNDATION WEEK 1

YOGA EXPERT:
VYTAS



EXPANSION WEEK 2

YOGA EXPERT:
ELISE



PROGRESSION WEEK 3

YOGA EXPERT:
TED



WEEKENDS

YOGA EXPERT:
FAITH