

LOCKDOWN - LEVEL UP

30 DAY CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 Level Up	9 Yoga For Gratitude	10 Make Yourself A Priority	11 Practice To Gain Perspective	12 Barre Hiit Fusion	13 Yoga For Creativity	14 YOU CAN
15 Try A Quick Flow / Workout!	16 Yoga For Focus & Productivity	17 Check In On Someone	18 Start The Day With Meditation	19 No Fear Yoga	20 That Friday Feeling Got Us Like..	21 Do Something Completely Selfish Today
22 Gift of Relaxation	23 Take A Moment To Rest & Reflect	24 Yoga For Winter Blues	25 Practice For When You Feel Stuck	26 Restore Inner Peace	27 Feel Good Flow	28 Be You. Do You. For You.
29 Say Thank You To 5 People Today	30 Yoga For Anxiety & Stress	1 The Arnold Schwarzenegger of Yoga	2 Take A Rest	3 Flow For A Dull Moment	4 Experience A More Active Meditation	5 Live With Intention
6 Incorporate Breathing Exercises	7 Yoga for Strength & Focus	8 Work Your Entire Bod!	9 Wake Up Kick Ass Be Kind	 <p>WEDYOYOGA Studio</p>		