

2-Week Starter Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>Finding Your Breath</u> (20 min)		<u>How Your Body Moves</u> (30 min)		<u>Standing Poses - The Foundations</u> (30 min)	<u>Body Scan Relaxation</u> (10 min)	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<u>Cultivate Self Awareness</u> (30 min)		<u>15 Minute Bedtime Yoga</u> (15 min)		<u>Morning Slow Flow</u> (60 min)		<u>Yoga for Self Reflection</u> (30 min)