

# YOGA

WITH SHIVALI

Flow with confidence in this yoga series. Throughout this series, the students will progress through short and sweet flows to build their practice from the ground up.

Each class focuses on a specific element of yoga-like hip openers, twists, balances, warrior transitions, and chest openers. In the final class you'll piece everything together, all the foundational blocks of your practice in a 45 min yoga flow.

## PROGRAM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Hip Opening Yoga Flow	All About Balance	Break Day	Beyond Lunges Warrior Yoga Flow	Upper Body Strength - Arm Balances	Break Day	Break Day
<b>WEEK 2</b>	Heart Opening Yoga Flow	Build Your Foundation Flow	Break Day	Deep Twist Release	Hip Opening Yoga Flow	Break Day	Break Day
<b>WEEK 3</b>	All About Balance	Upper Body Strength - Arm Balances	Break Day	Beyond Lunges Warrior Yoga Flow	Heart Opening Yoga Flow	Break Day	Break Day
<b>FINALE WEEK</b>							
<b>WEEK 4</b>	Deep Twist Release	Build Your Foundation Flow	Break Day	Upper Body Strength - Arm Balances	Hip Opening Yoga Flow	Break Day	Break Day