



Yoga with Kelly



30 Day Morning Yoga Challenge: Awaken

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Grounding	2 Chest Opening	3 Balance	4 Calm	5 Energy	6 Flexibility
7 Warrior	8 Deep Stretch	9 Neck Hygiene	10 Detox	11 Hip Opening	12 Power	13 Connection
14 Foundation	15 Twist & Rinse	16 Slow Stretch	17 Core	18 Stress Melt	19 Space	20 Side Body
21 Mindfulness	22 Strengthen	23 Extremities: Hands & Feet	24 Centering	25 Learn	26 Lengthen	27 Expand
28 Yin Yoga	29 Let it go!	30 Confidence	1	2	3	4