

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 <i>Yoga for Beginners</i> 40 min.	10 <i>Yoga for Beginners</i> 40 min.	11 <i>Yoga for Beginners</i> 40 min.	12 <i>Yoga for Beginners</i> 40 min.	13 <i>Yoga for Beginners</i> 40 min.	14 <i>Sukhasana Pose</i>
15	16 <i>Yoga for Beginners</i> 40 min.	17 <i>Yoga for Beginners</i> 40 min.	18 <i>Yoga for Beginners</i> 40 min.	19 <i>Yoga for Beginners</i> 40 min.	20 <i>Yoga for Beginners</i> 40 min.	21 <i>Bound Angle Pose</i>
22	23 <i>Yoga for Beginners</i> 40 min.	24 <i>Yoga for Beginners</i> 40 min.	25 <i>Yoga for Beginners</i> 40 min.	26 <i>Yoga for Beginners</i> 40 min.	27 <i>Yoga for Beginners</i> 40 min.	28 <i>Cat-Cow Pose</i>

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>30 Days of Yoga— Day 1</i>	2 <i>30 Days of Yoga— Day 2</i>	3 <i>30 Days of Yoga— Day 3</i>	4 <i>30 Days of Yoga— Day 4</i>	5 <i>30 Days of Yoga— Day 5</i>	6 <i>30 Days of Yoga— Day 6</i>	7 <i>30 Days of Yoga— Day 7</i> <i>Mountain Pose</i>
8 <i>30 Days of Yoga— Day 8</i>	9 <i>30 Days of Yoga— Day 9</i>	10 <i>30 Days of Yoga— Day 10</i>	11 <i>30 Days of Yoga— Day 11</i>	12 <i>30 Days of Yoga— Day 12</i>	13 <i>30 Days of Yoga— Day 13</i>	14 <i>30 Days of Yoga— Day 14</i> <i>Tree Pose</i>
15 <i>30 Days of Yoga— Day 15</i>	16 <i>30 Days of Yoga— Day 16</i>	17 <i>30 Days of Yoga— Day 17</i>	18 <i>30 Days of Yoga— Day 18</i>	19 <i>30 Days of Yoga— Day 19</i>	20 <i>30 Days of Yoga— Day 20</i>	21 <i>30 Days of Yoga— Day 21</i> <i>Plank Pose</i>
22 <i>30 Days of Yoga— Day 22</i>	23 <i>30 Days of Yoga— Day 23</i>	24 <i>30 Days of Yoga— Day 24</i>	25 <i>30 Days of Yoga— Day 25</i>	26 <i>30 Days of Yoga— Day 26</i>	27 <i>30 Days of Yoga— Day 27</i>	28 <i>30 Days of Yoga— Day 28</i> <i>Forward Fold Pose</i>
29 <i>30 Days of Yoga— Day 29</i>	30 <i>30 Days of Yoga— Day 30</i>	31				