

FLOW

JANUARY
2024

A 30 DAY YOGA JOURNEY

S	M	T	W	T	F	S
	1 ○ Day 0 READY 6 min	2 ○ Day 1 SET 25 min	3 ○ Day 2 NOTICE 22 min	4 ○ Day 3 HOW 20 min	5 ○ Day 4 MOVEMENT 21 min	6 ○ Day 5 REPRESENT 19 min
7 ○ Day 6 CENTER 19 min	8 ○ Day 7 SYNC 23 min	9 ○ Day 8 RELAX 20 min	10 ○ Day 9 RELEASE 23 min	11 ○ Day 10 ALIGN 23 min	12 ○ Day 11 SOUL 17 min	13 ○ Day 12 STABILITY 20 min
14 ○ Day 13 EASE 18 min	15 ○ Day 14 WELCOME 26 min	16 ○ Day 15 BALANCE 22 min	17 ○ Day 16 KINDNESS 19 min	18 ○ Day 17 RINSE 24 min	19 ○ Day 18 MEDITATE 9 min	20 ○ Day 19 RIDE 23 min
21 ○ Day 20 INWARD 20 min	22 ○ Day 21 CURIOUS 20 min	23 ○ Day 22 TRUTH 20 min	24 ○ Day 23 ROOT 23 min	25 ○ Day 24 CREATE 19 min	26 ○ Day 25 ACTION 24 min	27 ○ Day 26 OPEN 25 min
28 ○ Day 27 SPEAK 20 min	29 ○ Day 28 INTUIT 23 min	30 ○ Day 29 TRUST 26 min	31 ○ Day 30 FLOW 26 min			

