

Body Positive Yoga

Home Practice Starter Kit

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Warmup practice	5 Standing strengthening flow	6 Lunge warrior flow	7 Chair practice for the spine
8 Meditating on the breath	9 Strength-building chair practice	10 Exploring half sun salutations	11 Slow, mindful class with props	12 Rest day	13 Meditating on the breath	14 Warmup practice Lunge warrior flow
15 Strength-building chair practice	16 Exploring half sun salutations	17 Warmup practice Standing strengthening flow	18 Chair practice for the spine	19 Meditating on the breath	20 Rest day	21 Slow, mindful class with props
22 Warmup practice Lunge warrior flow	23 Strength-building chair practice	24 Meditating on the breath Slow, mindful class w props	25 Rest day	26 Chair practice for the spine	27 Warmup practice Lunge warrior flow	28 Warmup practice Standing strengthening flow
29 Meditating on the breath Chair practice for the spine	30 Strength-building chair practice	31 Slow, mindful class with props				
		Notes:				