

# Body Positive Yoga

Home Practice Starter Kit

# NOVEMBER 2017

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