

Body Positive Yoga

Home Practice Starter Kit

DECEMBER 2017

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