

Month of Middle Splits



1 2.5 hours MIDDLE SPLITS WORKSHOP	2 TRAINING CLASS	3 10 min Yoga for Glutes	4 Rest	5 TRAINING CLASS	6 TRAINING CLASS	7 30 min Passive and Active Hips
8 TRAINING CLASS	9 TRAINING CLASS	10 Rest	11 60 min A Recipe for Skandasana	12 30 min Morning Twists	13 TRAINING CLASS	14 10 min Quick Hip Mobility
15 TRAINING CLASS	16 30 min Flying Lizard Power Flow	17 TRAINING CLASS	18 Rest	19 TRAINING CLASS	20 60 min Ultimate Hip Mobility	21 20 min Deep Stretch
22 TRAINING CLASS	23 30 min Mobility Flow to Side Crow	24 TRAINING CLASS	25 Rest	26 30 min Restorative Hip Practice	27 TRAINING CLASS	28 70 min RETAKE WORKSHOP FLOW

Training:



Flow classes:



28 Day Challenge