

# Month of Middle Splits



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

Training:



Flow classes:



28 Day Challenge