



# 16 DAYS OF MINDFULNESS, BREATH & YOGA

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--|--|---|---|---|---|--|
|  |  |   |   |   | <b>DAY 1</b><br>YOGA INTRO<br>16 MIN                | <b>DAY 2</b><br>YIN YOGA INTRO<br>+ RELIEVE<br>ANXIETY<br>& FEAR<br>47 MIN |
| <b>DAY 3</b><br>YOGA<br>EASING IN<br>18 MIN        | <b>DAY 4</b><br>LANGKAWI<br>HIP & HAMI<br>OPENING - YOGA<br>25 MIN | <b>DAY 5</b><br>ALTERNATE<br>NOSTRIL<br>BREATHING<br>10 MIN | <b>DAY 6</b><br>YOGA HIP<br>OPENING<br>SEQUENCE<br>25 MIN           | <b>DAY 7</b><br>YOGA RELEASING<br>17 MIN                            | <b>DAY 8</b><br>YOGA<br>CHALLENGE<br>17 MIN         | <b>DAY 9</b><br>MEDITATION<br>37 MIN<br><br>OR<br>YOGA<br>56 MIN           |
| <b>DAY 10</b><br>YOGA SUN<br>SALUTATIONS<br>13 MIN | <b>DAY 11</b><br>YOGA TO SLEEP<br>& RELAX<br>25 MIN                | <b>DAY 12</b><br>YOGA MOVEMENT<br>& STILLNESS<br>16 MIN     | <b>DAY 13</b><br>KAPALABHATI<br>BREATHING -<br>YOGA KRIYA<br>10 MIN | <b>DAY 14</b><br>YOGA &<br>MINDFULNESS,<br>RELEASE & OPEN<br>20 MIN | <b>DAY 15</b><br>YIN YOGA &<br>MEDITATION<br>55 MIN | <b>DAY 16</b><br>YOGA BALANCE<br>& CONNECTION<br>26 MIN                    |

1. Print off this calendar and hang it where you can see it.
2. Cross off your workouts each day as you complete them and enjoy the feeling of achievement!
3. Head to the Facebook Group and let me know how you went on the daily class check in post.
4. You can also share on your Facebook or Instagram so we can see your progress!  
*Remember to tag me at @epilatesonline and Hashtag #epochallenge so I can see your posts*