

Transform

JULY 1-31 • 2021

SUN	MON	TUE	WED	THU	FRI	SAT
31 DAYS • 18 CLASSES Yin Yoga • Yang Flow • Meditation				1 <u>YIN & SLOW FLOW</u> (30 min)	2	3 <u>YIN & MEDITATION for the HEART w/PRANAYAMA</u> (60 min)
4 <u>YIN MEDITATION: CHAKRA SCAN</u> (30 min)	5	6 <u>UPPER BODY YIN YOGA</u> (40 min)	7	8 <u>YIN YANG YOGA FLOW</u> (25 min)	9	10 <u>YIN YOGA TO UNWIND</u> (45 min)
11 <u>YIN MEDITATION HEALING REST</u> (30 min)	12	13 <u>SILENT YIN</u> (30 min)	14	15 <u>VINYASA INTO YIN</u> (60 min)	16	17 <u>YIN YOGA for the KIDNEY MERIDIAN</u> (60 min)
18 <u>YIN MEDITATION: NATURAL RHYTHMS</u> (17 min)	19	20 <u>YIN YOGA to FEEL GOOD</u> (53 min)	21	22 <u>SLOW YANG FLOW</u> (30 min)	23	24 <u>ENERGY BALANCE YIN YOGA</u> (53 min)
25 <u>YIN MEDITATION: SALUTE THE SENSES</u> (30 min)	26	27 <u>MORNING YIN YOGA STRETCH</u> (30 min)	28	29 <u>DRAGON LAVA FLOW</u> (30 min)	30	31 <u>FULL BODY YIN to BALANCE ENERGY</u> (45 min)

How It Works: This is a 30-day journey of 4 yoga classes a week. Class videos are released throughout the month every Sun, Tues, Thurs & Sat. The classes will be pre-recorded, and each class video will be available for 2 days.

Use this calendar to establish a regular routine of self-care and to sync up with other members of our yoga community.

Jump in any time - Missed a class or two? No biggie, just jump in with the class that's scheduled for today.

Welcome to our yoga community - Use the Comments tab below each video to say hello, make comments or ask questions for Devi. And if you haven't yet, be sure to join our [private Facebook discussion group](#)