

NOVEMBER YOGA SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT	
1 <u>YANG TO YIN 1</u> (30 min)	2	3 <u>VINYASA CORE FLOW</u> (30 min)	4	5 <u>YOGA TO DE-STRESS</u> (30 min)	6	7 <u>TEN DAYS OF YIN LIVESTREAM INTRO CLASS</u> 9AM PST (OR REPLAY).	
8	9 <u>FLOOR BASED YIN YANG YOGA</u> (30 min)	10 DAYS OF YIN NOV 11-20 More Info 		11 <u>RELAXING YIN YOGA</u> (45 min)	12 <u>YIN YOGA exploring HALF BUTTERFLY</u> (60 min)	13 <u>YIN YOGA for HIPS & SHOULDERS</u> (45 min)	14 <u>YIN YOGA with TWIST FOCUS</u> (60 min)
15 <u>YIN YOGA TUNE-UP</u> (30 min)	16 <u>YIN YOGA exploring SADDLE POSE</u> (60 min)	17 <u>YIN YOGA exploring SLEEPING SWAN</u> (60 min)	18 <u>UPPER BODY YIN YOGA</u> (45 min)	19 <u>YIN YOGA FOR THE SPINE</u> (30 min)	20 <u>FULL BODY YIN</u> (45 min)	21	
22 <u>VINYASA TO BALANCE EFFORT & EASE</u> (30 min)	23	24 <u>ANIMAL PARADE YANG YOGA FLOW</u> (31 min)	25	26 <u>HAPPY THANKSGIVING! VIN TO YIN</u> (30 min)	27 <u>GIFT CARD SPECIAL</u> No-waste gifts at giftcard.devidalyyoga.com	28 <u>FUNCTIONAL YOGA FLOW</u> (60 min)	
29	30 <u>FULL BODY YIN 2</u> (35 min)		10 DAYS OF YIN VIDEO CATALOG 10daysofyin.devidalyyoga.com FULL NOVEMBER VIDEO CATALOG nov2020.devidalyyoga.com				

How It Works: This is a 30-day journey of 4 yoga classes a week. Class videos are normally released throughout the month on Sundays, Tuesdays, Thursdays and Saturdays. The classes are all pre-recorded so that you can do them on your own schedule.

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](#)