

WEEK ONE

DAY 1



Yoga Workout 2020
FOLLOWED BY

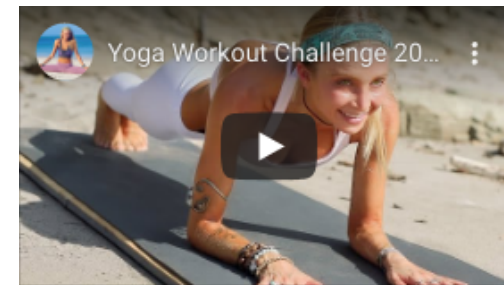


Yin Yoga For Flexibility

DAY 2

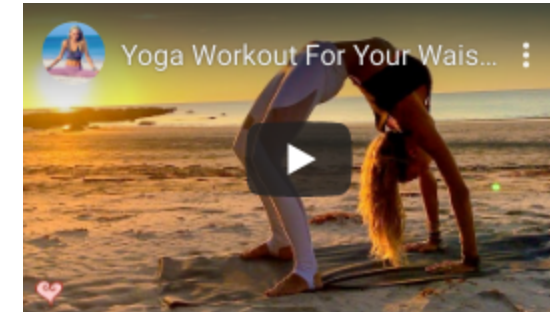


10 Min Fat Burning Cardio
FOLLOWED BY



Yoga Workout 2020

DAY 3



Yoga Workout Waistline
FOLLOWED BY



Yoga Workout 2020

DAY 4



Yoga Workout 2020
FOLLOWED BY



Leg Toning Workout

DAY 5



Wake Up Yoga For All
FOLLOWED BY

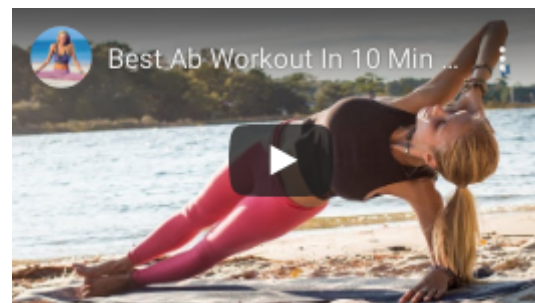


Yoga Workout 2020

DAY 6

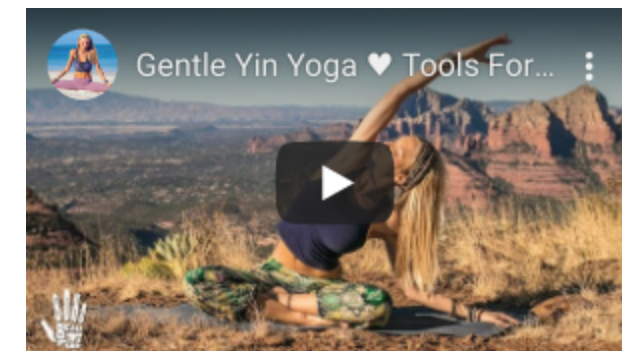


Yoga Workout 2020
FOLLOWED BY



10 Minute Ab Express

DAY 7



Gentle Yin Yoga

NOTES:

KEEP GOING...

YOU'RE HALF
WAY DONE!

YOU CAN
DO THIS!!

WEEK TWO

DAY 8



Yoga Workout 2020

DAY 9

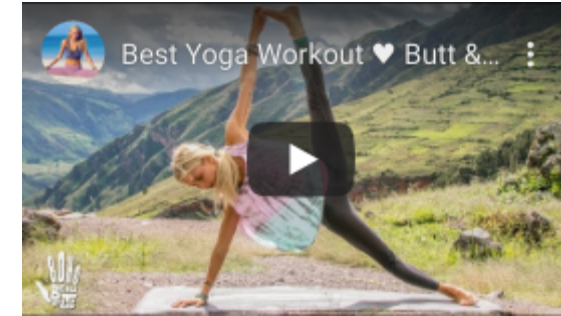


15 Min Pilates Full Body Burn
FOLLOWED BY



Yoga Workout 2020

DAY 10



Yoga Workout Toning
FOLLOWED BY



Yoga Workout 2020

DAY 11



Yoga Workout 2020
FOLLOWED BY

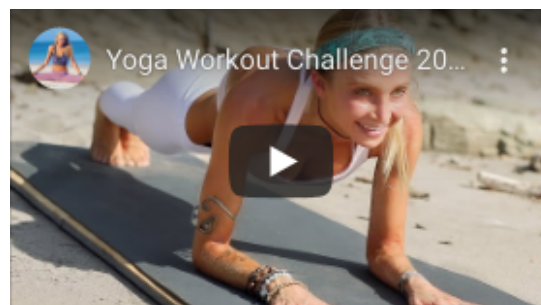


Leg Toning Workout

DAY 12



5 Minute Arm Toning
FOLLOWED BY

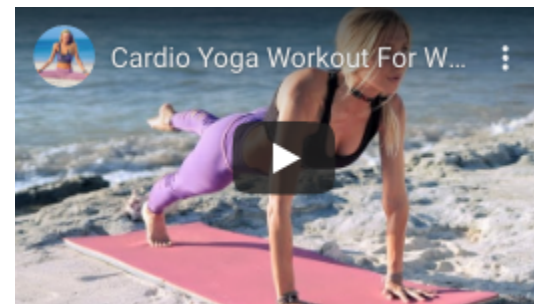


Yoga Workout 2020

DAY 13

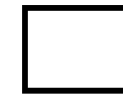


Yoga Workout 2020
FOLLOWED BY



Cardio Yoga Workout

DAY 14



Blissful Yoga Class

NOTES:

CONGRATULATIONS!!!

YOU HAVE
COMPLETED
THE 14 DAY
CHALLENGE