

# 3 WEEK YOGA RETREAT™

# CALENDAR

Simply follow this calendar day by day week by week, that's it. So roll out your mat, press play and escape to your retreat!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<b>CORE</b> 30 MINS. <i>TAKE YOUR "BEFORE" PHOTOS</i>	<b>STRETCH</b> 30 MINS.	<b>BALANCE</b> 30 MINS.	<b>FLOW</b> 30 MINS.	<b>FLOW ON-THE-GO</b> 20 MINS.	<b>RELAX</b> 25 MINS.	<b>TAKE 10 AM•PM•ABS</b> PICK ONE OR ALL! 10 MINS.
FOUNDATION WEEK							

2	<b>CORE</b> 30 MINS.	<b>STRETCH</b> 30 MINS.	<b>BALANCE</b> 30 MINS.	<b>FLOW</b> 30 MINS.	<b>FLOW ON-THE-GO</b> 20 MINS.	<b>RELAX</b> 25 MINS.	<b>TAKE 10 AM•PM•ABS</b> PICK ONE OR ALL! 10 MINS.
EXPANSION WEEK							

3	<b>CORE</b> 30 MINS.	<b>STRETCH</b> 30 MINS.	<b>BALANCE</b> 30 MINS.	<b>FLOW</b> 30 MINS.	<b>FLOW ON-THE-GO</b> 20 MINS.	<b>RELAX</b> 25 MINS.	<b>TAKE 10 AM•PM•ABS</b> PICK ONE OR ALL! 10 MINS. <i>TAKE YOUR "AFTER" PHOTOS</i>
PROGRESSION WEEK							



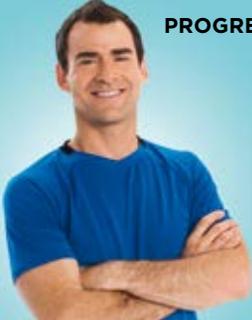
**FOUNDATION WEEK 1**

YOGA EXPERT:  
**VYTAS**



**EXPANSION WEEK 2**

YOGA EXPERT:  
**ELISE**



**PROGRESSION WEEK 3**

YOGA EXPERT:  
**TED**



**WEEKENDS**

YOGA EXPERT:  
**FAITH**