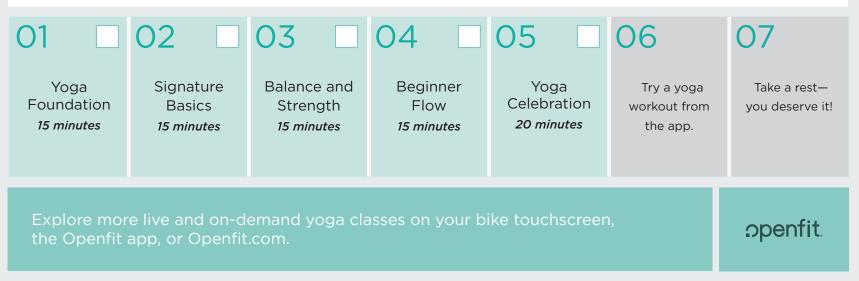
5 DAY BEGINNER



IF YOU'RE A YOGA NEWBIE, THIS PROGRAM IS FOR YOU In 5 short days, you'll learn all the basics so you have the confidence to take any yoga class. Check the boxes as you go and earn a badge upon completion!



TAKE A MOMENT TO SET YOUR INTENTION BEFORE STARTING THE WEEK.



Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.
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