

PowersYoga™

30 Day Yoga Fix

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	PowersAerial	PowersFlow I	PowersBarre	PowersFlow I	PowersSculpt	YOGABOARD	PowersRx
Week 2	PowersAerial	PowersBarre	PowersFlow I	PowersSculpt	PowersFlow I	YOGABOARD	PowersRx
Week 3	PowersAerial	PowersFlow II	PowersCore	PowersFlow II	PowersFit	YOGABOARD	PowersRx
Week 4	PowersAerial	PowersFit	PowersFlow II	PowersCore	PowersFlow II	YOGABOARD	PowersRx
www.powersyoga.com							

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Week 1	Sun Salutation for Grounding	Sun Salutation for Backs	Sun Salutation for Hips	Sun Salutation for Core	Sun Salutation Meditation	PowersSUP	Rest
Week 2						PowersSUP	Rest
Week 3						PowersSUP	Rest
Week 4						PowersSUP	Rest