

I TOOK PART IN  
*Yog January*  
 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 11AM PYJAMA FLOW	2 11AM RISE & SHINE
3 9PM SLEEP MEDITATION	4 8:30AM EARTH FLOW	5 10AM HAPPY HIPS	6 8AM ENERGY FLOW	7 10AM HEART OPENER	8 12:30PM SHAKE OFF	9 11AM RISE & SHINE
10 9PM SLEEP MEDITATION	11 8:30AM WATER FLOW	12 10AM HAPPY HIPS	13 8AM ENERGY FLOW	14 10AM HEART OPENER	15 12:30PM SHAKE OFF	16 11AM RISE & SHINE
17 9PM SLEEP MEDITATION	18 8:30AM FIRE FLOW	19 10AM HAPPY HIPS	20 8AM ENERGY FLOW	21 10AM HEART OPENER	22 12:30PM SHAKE OFF	23 11AM RISE & SHINE
24 9PM SLEEP MEDITATION	25 8:30AM WIND FLOW	26 10AM HAPPY HIPS	27 8AM ENERGY FLOW	28 10AM HEART OPENER	29 12:30PM SHAKE OFF	30 11AM RISE & SHINE
31 9PM SLEEP MEDITATION						

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