

# YOGA

FIFTY TWO™

# 4-WEEK YOGA CHALLENGE

LOOKING FOR A MORE ACCELERATED PATH TOWARD YOUR TRANSFORMATION?  
BEGINNERS AND MORE EXPERIENCED YOGIS ALIKE WILL GET STRONGER, LEANER AND MORE BALANCED FROM THIS 4-WEEK CHALLENGE.

<input type="checkbox"/> <b>DAY 1</b> VINYASA FLOW WITH ODETTE CLASS 1: LEVEL 1	<input type="checkbox"/> <b>DAY 2</b> ZEN FLOW WITH DAVID CLASS 9: LEVEL 1	<input type="checkbox"/> <b>DAY 3</b> CORE VINYASA FLOW WITH MICKI CLASS 13: LEVEL 2	<input type="checkbox"/> <b>DAY 4</b> VINYASA FLOW WITH BRENT CLASS 2: LEVEL 2	<input type="checkbox"/> <b>DAY 5</b> VINYASA WARRIOR WITH MARIE CLASS 15: LEVEL 2	<input type="checkbox"/> <b>DAY 6</b> MINDFUL FLOW WITH ODETTE CLASS 26: LEVEL 1	<input type="checkbox"/> <b>DAY 7</b> ESSENTIAL VINYASA WITH DAVID CLASS 4: LEVEL 2
<input type="checkbox"/> <b>DAY 8</b> CORE-FOCUSED FLOW WITH MICKI CLASS 23: LEVEL 2	<input type="checkbox"/> <b>DAY 9</b> YOGA FOR LOWER BACK WITH BRENT CLASS 22: LEVEL 1	<input type="checkbox"/> <b>DAY 10</b> VINYASA FLOW WITH MARIE CLASS 5: LEVEL 2	<input type="checkbox"/> <b>DAY 11</b> YIN-INSPIRED FLOW WITH ODETTE CLASS 21: LEVEL 1	<input type="checkbox"/> <b>DAY 12</b> VINYASA FLOW WITH DAVID CLASS 14: LEVEL 2	<input type="checkbox"/> <b>DAY 13</b> CORE FLOW EXPRESS WITH MICKI CLASS 28: LEVEL 2	<input type="checkbox"/> <b>DAY 14</b> ATHLETIC FLOW WITH BRENT CLASS 12: LEVEL 2
<input type="checkbox"/> <b>DAY 15</b> SLOW FLOW WITH MARIE CLASS 35: LEVEL 2	<input type="checkbox"/> <b>DAY 16</b> MOBILITY FLOW WITH ODETTE CLASS 46: LEVEL 1	<input type="checkbox"/> <b>DAY 17</b> FLEXIBILITY FLOW WITH DAVID CLASS 24: LEVEL 2	<input type="checkbox"/> <b>DAY 18</b> VINYASA FLOW WITH MICKI CLASS 8: LEVEL 2	<input type="checkbox"/> <b>DAY 19</b> POWER FLOW WITH BRENT CLASS 7: LEVEL 2	<input type="checkbox"/> <b>DAY 20</b> HIP-OPENING FLOW WITH MARIE CLASS 25: LEVEL 2	<input type="checkbox"/> <b>DAY 21</b> CORE-CENTRIC FLOW WITH DAVID CLASS 39: LEVEL 2
<input type="checkbox"/> <b>DAY 22</b> POWER FLOW WITH MICKI CLASS 18: LEVEL 2	<input type="checkbox"/> <b>DAY 23</b> ASHTANGA PRIMER WITH BRENT CLASS 27: LEVEL 3	<input type="checkbox"/> <b>DAY 24</b> POWER VINYASA WITH MARIE CLASS 10: LEVEL 3	<input type="checkbox"/> <b>DAY 25</b> REFRESH & FLOW WITH ODETTE CLASS 16: LEVEL 1	<input type="checkbox"/> <b>DAY 26</b> POWER VINYASA WITH DAVID CLASS 29: LEVEL 3	<input type="checkbox"/> <b>DAY 27</b> UPPER BODY BALANCE WITH MICKI CLASS 43: LEVEL 3	<input type="checkbox"/> <b>DAY 28</b> DYNAMIC FLOW WITH BRENT CLASS 47: LEVEL 3



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

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