

POWER UP - 30 DAYS OF YOGA!

THIS POWER UP PRACTICE CALENDAR REMINDS US THAT THE MAT IS A PLACE TO PRACTICE.

TO PRACTICE FOR YOUR HEALTH AND WELL-BEING. TO LET GO OF YOUR ACHIEVEMENTS AND ACCOLADES. TO LEAN IN TOWARDS PRECIOUS TIME WITH YOU.

REVEL IN YOUR OWN STRENGTH, BE SURPRISED BY YOUR FLEXIBILITY, AND USE THE TOOLS FROM THESE BEAUTIFUL PRACTICES AS A WAY TO BRING THE ENERGY FROM THE MAT, TO YOUR LIFE OFF THE MAT.

YOU CAN PRACTICE THESE CLASSES AS YOU WISH. IF YOU WANT TO TAKE ON ALL CLASSES CONSECUTIVELY OR TAKE THEM ONCE A WEEK, PICKING YOUR FAVORITE PRACTICES, PLEASE DO SO!

YOU CAN ALSO BRING A FRIEND WITH YOU TO SHARE IN THE ENJOYMENT OF THE PRACTICE.

THE CALENDAR IS A WAY TO MAKE IT EASIER TO COMMIT TO YOUR MOVEMENT PRACTICE AND KEEP YOUR HEALTH AND WELL-BEING JUST ONE CLICK AWAY.

PREPARE TO MOVE STRONGLY, FLUIDLY, AND CREATIVELY WITH THIS POWER UP CALENDAR. MOST IMPORTANTLY:

ENJOY IT FULLY.

SINCERELY,
BRAD

HOW IT WORKS

- CLICK ON THE CLASS OF EACH DAY TO BE SENT TO DIRECTLY TO THE CLASS
- FOLLOW ALONG EVERY DAY OR DROP IN AS YOU WISH WHEN THE NEED ARISES.
- INVITE SOMEONE TO JOIN YOU!
- CONNECT WITH ME ON INSTAGRAM [@BRAD_FRANCO](#) OR FIND MORE PROGRAMS AT WWW.BRADLEYFRANCO.COM

POWER UP

30 DAYS OF YOGA!



SUN	MON	TUE	WED	THU	FRI	SAT
						1 CORE VINYASA 28 MIN.
2 MORNING FLOW ENERGISING 30 MIN.	3 STRONG FLOW: LOWER BODY 60 MIN. +	4 RELAX & UNWIND: 25 MIN.	5 FORWARD FOLDING SECRETS: 60 MIN. +	6 THE ART OF FLEXIBILITY 60 MIN. +	7 MEANINGFUL MOVEMENT: 60 MIN. +	8 ALLOWANCE OF FLOW: 60 MIN. +
9 MEDITATION: RELEASE 18 MIN. FULL BODY FLOW: 5 MIN.	10 MORNING FLOW: 30 MIN.	11 STRONG FLOW: UPPER BODY 60 MIN. +	12 YIN (ISH) 25 MIN.	13 FULL BODY SUN SALUTATIONS: 40 MIN.	14 BACKBEND FLOW! 60 MIN. +	15 BALANCED CLASS, VINYASA FLOW 45 MIN.
16 SLOW FLOW : 60 MIN. +	17 FLOW INTO IT: 60 MIN. +	18 VINYASA ALL LEVELS 30 MIN. MEDITATION: FOCUS: 18 MIN.	19 STRONG FLOW: FLEXIBILITY 60 MIN. +	20 SPINE (SOFT) 27 MIN.	21 SUN SALUTATION FLOW: 17 MIN.	22 FITNESS FLOW: 60 MIN. +
23 SLOW IS SMOOTH 60 MIN. +	24 STRENGTH ROUTINE: 30 MIN.	25 FUNCTIONAL MOVEMENT 60 MIN. +	26 FLEXIBILITY ROUTINE: 30 MIN.	27 STRONG FLOW: HIPS & HAMSTRINGS 60 MIN. +	28 STRETCH & RELAX 15 MIN.	29 BREATH POWER: 60 MIN. +
30 ARM BALANCE CLASS 60 MIN. +						