

YOGA for ALL

with Adriene Mishler

COMMUNE

SEPT 10-23



<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>
Notice	Befriend	Align	Ease
<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>	<i>Day 8</i>
Stability	Clarity	Prana	Rhythm
<i>Day 9</i>	<i>Day 10</i>	<i>Day 11</i>	<i>Day 12</i>
Bold	Balance	Breath	Fearless
<i>Day 13</i>	<i>Day 14</i>	<i>Notes:</i>	
Open	All		
