

Week of March 1st



YourBuddhi Yoga Online Schedule

	The Buddhi Special	LiteYOGA
Class 1	Super Yogi Twists (20 min) <input type="checkbox"/>	Slow Flow Backbends & Chest Openers (20 min) <input type="checkbox"/>
Class 2	Elemental Magic & Miracles (75 min) <input type="checkbox"/>	Slow Flow for a Healthy Spine (75 min) <input type="checkbox"/>
Class 3	Full Body Workout (40 min) <input type="checkbox"/>	Total Body Stretch (40 min) <input type="checkbox"/>
Notes		