



Dá·Yo
BY BODY FX

BEGINNER WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yoga 101 Sun Salutation	Yoga 101 Hips	Flow Basics	Stretch	Flow Burn	Core	Breath Meditation
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Flow Basics	Balance	Yoga 101 Sun Salutation	Sculpt	Stretch	Core Cardio	Moving Meditation