

GAIA FLOW YOGA BEGINNER SERIES

Welcome to Gaia Flow Yoga, follow this outline for the next 5 weeks, learn the basics and start enjoying the benefits of Gaia Flow Yoga

Important note: Practices can be taken in a different order but it is important to take the minimum practices recommended for each week. Keep track of your own progress with this chart and feel free to ask our instructors any questions you may have.

Name: _____

Starting Date: _____

PRACTICE	DATE	TIME
WEEK 1		
GENTLE WAVES		
GENTLE WAVES		
WEEK 3		
GENTLE WAVES		
DESERT		
GENTLE WAVES		
WEEK 5		
GENTLE WAVES		
DESERT		
WEEKEND WARRIOR (with variations)		

PRACTICE	DATE	TIME
WEEK 2		
GENTLE WAVES		
DESERT		
WEEK 4		
GENTLE WAVES		
OCEAN (with variations)		
DESERT		

Congratulations!!! You have completed the Gaia Flow Yoga Beginner series.

Continue your Yogic path at your own pace now, For better results Gaia Flow Yoga should be practiced a minimum of three times per week.

Ask about our membership specials!!!!

WWW.GAIAFLOWYOGA.COM