

Join me for 21 days of bendy, stretchy yoga. Together we will bring more balance, flexibility and self-confidence to our lives. Connect with nature and these graceful, grounding yoga movements for a beautiful series to help create a daily yoga habit to carry throughout the year. Print out this calendar, hang it in a visible place and follow along with me at [yoginora.com](http://yoginora.com).

*See you on the mat!  
- Nora*

<input checked="" type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3	<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5	<input type="checkbox"/> DAY 6	<input type="checkbox"/> DAY 7
Morning Routine (28 min)	Rise & Shine (29 min)	Stretch that Body Flow (26 min) <i>*BONUS: 5 min abs</i>	Quickie Deep Stretch & Stretches for Low Back Pain (35 min)	Self Care Deep Stretch (29 min)	Hip Stretches & Lead Sivasana (25 min)	Seated Tranquil Stretches (28 min) <i>*BONUS: 5 Min Meditation</i>
<input type="checkbox"/> DAY 8	<input type="checkbox"/> DAY 9	<input type="checkbox"/> DAY 10	<input type="checkbox"/> DAY 11	<input type="checkbox"/> DAY 12	<input type="checkbox"/> DAY 13	<input type="checkbox"/> DAY 14
Winning Hip Stretches (28 min)	Stretch Baby Stretch (31 min)	Hamstring Stretch & Goodbye Neck and Shoulder Pain (25 min)	<i>Luxury Day</i> Stretching in Bed (29 min)	The Simple Basics (45 min)	Pranayama & Lube Your Knees (22 min)	Healing Gentle Yoga (43 min)
<input type="checkbox"/> DAY 15	<input type="checkbox"/> DAY 16	<input type="checkbox"/> DAY 17	<input type="checkbox"/> DAY 18	<input type="checkbox"/> DAY 19	<input type="checkbox"/> DAY 20	<input type="checkbox"/> DAY 21
Yin Yoga (50 min)	After Work Flow (28 min)	Nora's Favorite Stretch Variation (44 min.) <i>*BONUS: 5 Min Abs</i>	Splits in Bed & 10-Count Meditation (20 min)	Gentle Yoga Flow & Lead Sivasana (27 min)	Stretches for Low Back Pain (22 min)	Slow Burn (30 min) <i>Congratulations!!</i>

Get all the details & playlist at [yoginora.com/justdoyoga](http://yoginora.com/justdoyoga)