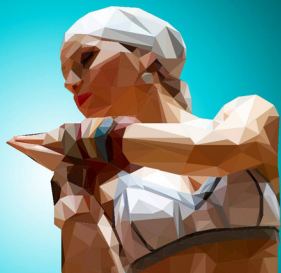


MONTH 1

ALI KAMENOVA
INTERVAL YOGA™
BEGINNER SERIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C1	C2	C3	C4	C5	C6 CHALLENGE 1 WALL CHAIR	SUNNY DAY OFF
C1	C2	C3	C4	C5	C7 CHALLENGE 2 PLANK	SUNNY DAY OFF
C1	C2	C3	C4	C5	C8 CHALLENGE 3 ONE LEG CHAIR	SUNNY DAY OFF
C1	C2	C3	C4	C5	C9 CHALLENGE 4 ONE MILE WALK	SUNNY DAY OFF