

MONTH 2

ALI KAMENOVA
INTERVAL YOGA™
BEGINNER SERIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2C1	2C2	2C3	2C4	2C5	2C6 CHALLENGE 6 PRANAYAMA	SUNNY DAY OFF
2C1	2C2	2C3	2C4	2C5	2C7 CHALLENGE 7 FRUIT CHALLENGE	SUNNY DAY OFF
2C1	2C2	2C3	2C4	2C5	2C8 CHALLENGE 8 VEGGI CHALLENGE	SUNNY DAY OFF
2C1	2C2	2C3	2C4	2C5	2C9 CHALLENGE 9 LESS DAIRY	SUNNY DAY OFF