

# FIRST 30 DAYS

00	_____	Birthday/New Year Resolution
0	_____	Ashtanga - The 8 Limbs of Yoga
01	_____	Yamas #1 - Ahimsa - Non-Harming - Intro
02	_____	Yamas #2 - Satya - Truthfulness - Intro
03	_____	Yamas #3 - Asteya - Non-Stealing - Intro
04	_____	Yamas #4 - Brahmacharya - Moderation - Intro
05	_____	Yamas #5 - Aparigraha - Non-attachment - Intro
06	_____	Niyamas #1 - Saucha - Purity - Intro
07	_____	Niyamas #2 - Santosha - Contentment - Intro
08	_____	Niyamas #3 - Tapas - Discipline - Intro
09	_____	Niyamas #4 - Svadhyaya - Self-Study - Intro
10	_____	Niyamas #5 - Ishvara Pranidhana - Surrender - Intro
11	_____	Asanas - Poses - Intro - Sun Salutation Series A
12	_____	Pranayama - Breathing - Yogic/Diaphragmatic Breathing
13	_____	Upper 4 Limbs of Yoga - Intro - Meditation
14	_____	Tadasana - Mountain Pose
15	_____	Talāsana - Palm Tree Pose
16	_____	Uttanasana - Standing Forward Bend
17	_____	Anjaneyasana - Low Lunge
18	_____	Phalakasana - Plank
19	_____	Chaturanga Dandasana - 4 Limbed Staff/Yoga Push Up
20	_____	Pranayama - Sitali - Cooling Breath
21	_____	Bhujangasana - Cobra
22	_____	Adho Mukha Svanasana - Downward Facing Dog
23	_____	Hydration and Ayurveda
24	_____	Ahimsa - Non-Harming - Day 1
25	_____	Satya - Truthfulness - Day 1
26	_____	Asteya - Non-Stealing - Day 1
27	_____	Brahmacharya - Moderation - Day 1
28	_____	Aparigraha - Non-Attachment - Day 1
29	_____	Saucha - Purity - Day 1
30	_____	Santosha - Contentment - Day 1