



TAKE FLIGHT YOGA TRAINING PLAN

JANUARY 2021

Welcome to Take Flight 2021! We're excited to take this 31 day yoga journey together with you! Follow the provided sequence of poses, create your own practice, or join one of our daily Eagle Nation Live classes. This is your goal, your practice, and your body. Tune in, breathe through it, and don't give up. We've got your back! Namaste, Eagles!

Take Flight Flow Weekly Sequences:
Warming: Hero, Cat/Cow, Forward Fold, Mountain, Sun Salutation A (3 - 5 times)

Strengthening: From last Sun A down dog, Low Lunge, Crescent Lunge, Low Lunge, Warrior 1, Warrior 2, Sun Warrior, Extended Side Angle, Down Dog, switch sides

Balancing: Mountain, Diver, Tree L&R, Dancer L&R, Eagle L&R (hold each pose for 3 breaths)

Twisting/Forward Folds: Wide Leg Forward Fold, WLFF twist L&R, 1/2 Lord of Fishes L&R, Seated Stick Pose, SSP Open Arm Twist L&R, Supine Twist L&R

					1	2
					Warming Sequence	Warming Sequence
					0715 - :45 All levels Flow	0800 - :60 Gentle Flow
3	4	5	6	7	8	9
Warming Sequence	Warming Sequence	Warming Sequence	Warming Sequence	Warming Sequence	Warming Sequence	Warming Sequence
2100 - Coach's Hangout 2130 - :30 Restorative	0700 - :75 Power Vinyasa	0730 - :15 Take Flight Flow	0730 - :30 Flow 1200 - :15 Take Flight Flow	0730 - :15 Take Flight Flow	0715 - :45 All levels Flow	0800 - :60 Gentle Flow
10	11	12	13	14	15	16
Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence	Warming Sequence Strengthening Sequence
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17	18	19	20	21	22	23
Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence	Warming Sequence Strengthening Sequence Balancing Sequence
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24	25	26	27	28	29	30
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ENL! Take Flight Flow 31 2100 - Coach's Hangout 2130 - :30 Restorative						