

Namaste in May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. Chair Pose	2. Downward-Facing Dog	3. Child's Pose
4. Happy Baby	5. Warrior 1	6. Warrior 2	7. Warrior 3	8. Triangle	9. Bridge	10. Half Moon
11. Dancer	12. Eagle	13. Horse Pose	14. Forward Fold	15. Crow Pose	16. Lotus	17. Side Crow
18. Yogi Squat	19. Mountain Pose	20. High Plank	21. Side Plank	22. Chaturanga Dandasana	23. Bow Pose	24. Cobra Pose
25. Upward-Facing Dog	26. Wheel Pose	27. Wild Thing	28. Scorpion	29. Handstand	30. Plow Pose	31. One-Legged King Pigeon Pose