

Monday	Standing Poses	28-May-18	2-Jul-18	6-Aug-18	10-Sep-18	15-Oct-18	19-Nov-18
Tuesday	Sitting Poses	29-May-18	3-Jul-18	7-Aug-18	11-Sep-18	16-Oct-18	20-Nov-18
Wednesday	Backbends	30-May-18	4-Jul-18	8-Aug-18	12-Sep-18	17-Oct-18	21-Nov-18
Thursday	Pranayama	31-May-18	5-Jul-18	9-Aug-18	13-Sep-18	18-Oct-18	22-Nov-18
Friday	Miscellaneous	1-Jun-18	6-Jul-18	10-Aug-18	14-Sep-18	19-Oct-18	23-Nov-18
Saturday	Standing Poses	2-Jun-18	7-Jul-18	11-Aug-18	15-Sep-18	20-Oct-18	24-Nov-18
Sunday	Sitting Poses	3-Jun-18	8-Jul-18	12-Aug-18	16-Sep-18	21-Oct-18	25-Nov-18
Monday	Backbends	4-Jun-18	9-Jul-18	13-Aug-18	17-Sep-18	22-Oct-18	26-Nov-18
Tuesday	Pranayama	5-Jun-18	10-Jul-18	14-Aug-18	18-Sep-18	23-Oct-18	27-Nov-18
Wednesday	Miscellaneous	6-Jun-18	11-Jul-18	15-Aug-18	19-Sep-18	24-Oct-18	28-Nov-18
Thursday	Standing Poses	7-Jun-18	12-Jul-18	16-Aug-18	20-Sep-18	25-Oct-18	29-Nov-18
Friday	Sitting Poses	8-Jun-18	13-Jul-18	17-Aug-18	21-Sep-18	26-Oct-18	30-Nov-18
Saturday	Backbends	9-Jun-18	14-Jul-18	18-Aug-18	22-Sep-18	27-Oct-18	1-Dec-18
Sunday	Pranayama	10-Jun-18	15-Jul-18	19-Aug-18	23-Sep-18	28-Oct-18	2-Dec-18
Monday	Miscellaneous	11-Jun-18	16-Jul-18	20-Aug-18	24-Sep-18	29-Oct-18	3-Dec-18
Tuesday	Standing Poses	12-Jun-18	17-Jul-18	21-Aug-18	25-Sep-18	30-Oct-18	4-Dec-18
Wednesday	Sitting Poses	13-Jun-18	18-Jul-18	22-Aug-18	26-Sep-18	31-Oct-18	5-Dec-18
Thursday	Backbends	14-Jun-18	19-Jul-18	23-Aug-18	27-Sep-18	1-Nov-18	6-Dec-18
Friday	Pranayama	15-Jun-18	20-Jul-18	24-Aug-18	28-Sep-18	2-Nov-18	7-Dec-18
Saturday	Miscellaneous	16-Jun-18	21-Jul-18	25-Aug-18	29-Sep-18	3-Nov-18	8-Dec-18
Sunday	Standing Poses	17-Jun-18	22-Jul-18	26-Aug-18	30-Sep-18	4-Nov-18	9-Dec-18
Monday	Sitting Poses	18-Jun-18	23-Jul-18	27-Aug-18	1-Oct-18	5-Nov-18	10-Dec-18
Tuesday	Backbends	19-Jun-18	24-Jul-18	28-Aug-18	2-Oct-18	6-Nov-18	11-Dec-18
Wednesday	Pranayama	20-Jun-18	25-Jul-18	29-Aug-18	3-Oct-18	7-Nov-18	12-Dec-18
Thursday	Miscellaneous	21-Jun-18	26-Jul-18	30-Aug-18	4-Oct-18	8-Nov-18	13-Dec-18
Friday	Standing Poses	22-Jun-18	27-Jul-18	31-Aug-18	5-Oct-18	9-Nov-18	14-Dec-18
Saturday	Sitting Poses	23-Jun-18	28-Jul-18	1-Sep-18	6-Oct-18	10-Nov-18	15-Dec-18
Sunday	Backbends	24-Jun-18	29-Jul-18	2-Sep-18	7-Oct-18	11-Nov-18	16-Dec-18
Monday	Pranayama	25-Jun-18	30-Jul-18	3-Sep-18	8-Oct-18	12-Nov-18	17-Dec-18
Tuesday	Miscellaneous	26-Jun-18	31-Jul-18	4-Sep-18	9-Oct-18	13-Nov-18	18-Dec-18
Wednesday	Standing Poses	27-Jun-18	1-Aug-18	5-Sep-18	10-Oct-18	14-Nov-18	19-Dec-18
Thursday	Sitting Poses	28-Jun-18	2-Aug-18	6-Sep-18	11-Oct-18	15-Nov-18	20-Dec-18
Friday	Backbends	29-Jun-18	3-Aug-18	7-Sep-18	12-Oct-18	16-Nov-18	21-Dec-18
Saturday	Pranayama	30-Jun-18	4-Aug-18	8-Sep-18	13-Oct-18	17-Nov-18	22-Dec-18
Sunday	Miscellaneous	1-Jul-18	5-Aug-18	9-Sep-18	14-Oct-18	18-Nov-18	23-Dec-18