



Ultimate Yogi Calendar

This page is dedicated to people doing the program as described. Its meant to help you out should you loose your calendar or need a little more clarity on how to follow alongside the program.

First Cycle

<ul style="list-style-type: none"> 1 Yoga Cross Training 2 Yoga Cardio 3 Yoga Strength 4 Yin Yoga 5 Yoga Detox 6 Yoga Vitality 7 Mountain Pose Series 	<p>Do Yoga Hardcore with Cross Training, Strength, and Vitality and 10 minutes of <u>meditation</u>. On Days 33,34,and 35 the <u>diet</u> becomes a little stricter as you eat only vegan food for three days. During this phase there is a lifestyle challenge as well. Its called clear the clutter. To perform give you life a spring clean. Figure out what is no longer serving you and remove it. It could be a pair of old shoes or a it could involve solving a problem in your life. You celebrate the end of this round with thirty six sun salutations.</p>
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Second Cycle

<ul style="list-style-type: none"> 1 Yoga Balance 2 Yoga Strength 3 Yoga Flexibility 4 Gentle Yoga 5 Yoga Detox 6 Yoga Cardio 7 Mountain Pose Series 	<p>Do Yoga Hardcore alongside Balance, Flexibility, and Detox as you increase the <u>meditation</u> to 20 minutes a day. On Days 69, 70, and 71 you eat <u>raw foods</u> for three days. There are plenty <u>recipes</u> on our diet section for you to try out. During this phase the lifestyle challenge is service. To preform find a person or a group in your life and give them an act of service. Celebrate the end of this cycle with 72 sun salutations.</p>
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Third Cycle

<ul style="list-style-type: none"> 1 Yoga CrossTraining 2 Yoga Strength 3 Yoga Balance 4 Yin Yoga 5 Yoga Cardio 6 Yoga Vitality 7 Mountain Pose Series 	<p>Do Yoga Hardcore alongside Cross Training, Balance, and Yoga Cardio. The <u>meditation</u> increases to 30 minutes a day and your final cleanse is a <u>juice feast</u>. Remember its about nourishment so drink at least four ounces of fresh juice every two hours. If you feel weak or shaky we recommend an Avocado or a Banana as its a great way to get in the necessary fats into your system. The lifestyle challenge in this round is called pay it forward. Write a letter, post a blog, or tell a friend about the transformative power of the Ultimate Yogi program. Celebrate the conclusion of this with 108 Sun Salutations.</p>
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Make sure you take your before and after pictures - you do not want to miss out on those.