

Y'all Breathin'?



A  
Life  
Enhancing  
Practice

## YOGA WARRIOR

with Rudy Mettia

### The Gathering



It is always good to start a journey with intention. The gathering is the beginning of the program.

### Versatile Warrior



This class is a little bit of everything. It is intended to be the first of twelve yoga practices that you cycle through.

### Responsible Warrior



Also known as shouldering responsibility, this class is all about strengthening and opening the shoulder girdle.

### Freed Warrior



Explore the femur bones, hip sockets, glutes, quadriceps and hamstrings as you gently touch and take care of those areas.

### Fluid Warrior



The Fluid Warrior is a dynamic moving meditation. It is focused on the hips, which will help to stretch, elongate and build lean muscle tissue.

### Gentle Warrior



Use this class as early and as often as you need. This class is intended to promote healing and well being.

### Focused Warrior



This class is devoted to balancing postures. Use the breath to keep you balanced.

### Honed Warrior



You will go through four distinct sequences with each one adding an extra pose. This is one of the more challenging classes.

### Stalking Warrior



By learning how to lift the hip points and soften the front ribs it allows us to move through each pose with grace and power.

### Seeking Warrior



This is one of the more philosophical of the practices as Rudy walks you through the five doorways.

### Coiled Warrior



Twisting by nature is detoxifying so make sure you come into the practice with an empty stomach and drink plenty of water.

### Compassionate Warrior



Our daily patterns are mainly forward moving and we tend to sit at our computers or desks hunched over.

### Returning Warrior



Every pose wants to get back to mountain pose and its fitting that this is the last of the yoga classes you will do in this program.

### Udaya Online



Just can't get enough? Our growing online content features more classes from Rudy and the other Yoga Warriors.

### Bonus



Includes Modified Warrior, Mountain Warrior and Rudy's Musings (an exploration of Rudy's philosophy).

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START DATE: / /

Beginner

Intermediate

Advanced

DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	—
Wednesday	Responsible Warrior
Thursday	—
Friday	Fluid Warrior
Saturday	—
Sunday	Fluid Warrior

DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	Responsible Warrior
Wednesday	—
Thursday	Freed Warrior
Friday	Fluid Warrior
Saturday	Gentle Warrior
Sunday	—

DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	Responsible Warrior
Wednesday	Freed Warrior
Thursday	Fluid Warrior
Friday	Gentle Warrior
Saturday	Focused Warrior
Sunday	Honed Warrior

DAY	PRACTICE
Monday	Gentle Warrior
Tuesday	—
Wednesday	Focused Warrior
Thursday	—
Friday	Honed Warrior
Saturday	—
Sunday	Stalking Warrior

DAY	PRACTICE
Monday	Focused Warrior
Tuesday	Honed Warrior
Wednesday	—
Thursday	Stalking Warrior
Friday	Seeking Warrior
Saturday	Coiled Warrior
Sunday	—

DAY	PRACTICE
Monday	Stalking Warrior
Tuesday	Seeking Warrior
Wednesday	Coiled Warrior
Thursday	Compassionate Warrior
Friday	Returning Warrior
Saturday	Versatile Warrior
Sunday	Responsible Warrior

DAY	PRACTICE
Monday	Seeking Warrior
Tuesday	—
Wednesday	Coiled Warrior
Thursday	—
Friday	Compassionate Warrior
Saturday	—
Sunday	Returning Warrior

DAY	PRACTICE
Monday	Compassionate Warrior
Tuesday	Returning Warrior
Wednesday	—
Thursday	Versatile Warrior
Friday	Responsible Warrior
Saturday	Freed Warrior
Sunday	—

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