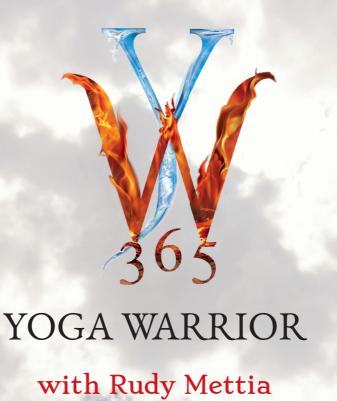
### Y'all Breathin'?



# Life Enhancing Practice

### 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

# 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).

## Y'all Breathin'?

YOGA WARRIOR with Rudy Mettia

Intermediate

A Life Enhancing Practice

START DATE:

Beginner

DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	_
Wednesday	Responsible Warrior
Thursday	
Friday	Fluid Warrior
Saturday	- 1777
Sunday	Fluid Warrior

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

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

DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	Responsible Warrior
Wednesday	Freed Warrior
Thursday	PERSON - 1990
Friday	Fluid Warrior
Saturday	Gentle Warrior
Sunday	Focused Warrior

DAY	PRACTICE
Monday	Honed Warrior
Tuesday	Stalking Warrior
Wednesday	Seeking Warrior
Thursday	
Friday	Coiled Warrior

Saturday

Sunday

Compassionate Warrior

Returning Warrior

	Saper Mills
DAY	PRACTICE
Monday	Versatile Warrior
Tuesday	Responsible Warrior
Wednesday	-
Thursday	Freed Warrior
Friday	Fluid Warrior
Saturday	Gentle Warrior

Sunday

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

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

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

DAY	PRACTICE	
Monday	Returning Warrior	
Tuesday	Versatile Warrior	
Wednesday	Responsible Warrior	00
Thursday	Freed Warrior	52
Friday	Fluid Warrior	N. C.
Saturday	Gentle Warrior	

Focused 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

Advanced

DAY	PRACTICE
Monday	Stalking Warrior
Tuesday	Seeking Warrior
Wednesday	Coiled Warrior
Thursday	Compassionate Warrior
Friday	Returning Warrior
Saturday	Versatile Warrior
	D 11 W
Sunday	Responsible Warrior

DAY	PRACTICE
Monday	Freed Warrior
Tuesday	Honed Warrior
Wednesday	Stalking Warrior
Thursday	Seeking Warrior
Friday	Coiled Warrior
Saturday	Compassionate Warrior
Sunday	Returning Warrior

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	Stalking Warrior
Tuesday	Seeking Warrior
Wednesday	Coiled Warrior
Thursday	Compassionate Warrior
Friday	- Returning Warrior
Saturday	Versatile Warrior
Sunday	Responsible Warrior D
E. C.	E /