Z•O•N•E•S The One With Yoga

PZP Challenge Week 2

Day 1	
Beginner	**Intermediate**
10m Beg Yoga Flow 11/23/25 CJR	10m Int Yoga Flow 8/5/24 DM
Day 2	
Beginner	**Intermediate**
20m Beg Yoga Flow 11/20/25 AS	20m Int Yoga Flow 12/18/25 AG
Day 3	
All Levels	
30m Yin Yoga 12/12/25 DM	
Extra Credit	
Option 1	**Option 2**
20m Restorative 2/15/21 DM	30m Sculpt Flow 12/13/25 JR
Daily Meditation (Repeat 3x)	
10m Daily Meditation 10/12/25 CJR	

#PZYogis #PowerZonePack