

<b>Segment</b>	<b>Description</b>	<b>Total Time (minutes)</b>
Welcome and Introduction	The holidays are a joyous and sometime messy time of the year. These sessions are designed assist in preparing for the holidays, surviving the holidays, and setting goals for the next year.	15
Holiday Yoga - Toys	A discussion of yoga props and how they are used.	15
Holiday Yoga - Invigorate	Company is coming over and you need the strength to prep your home for visitors and hosting. This session includes breath work and poses to invigorate our bodies in preparation for the work to come.	15
Holiday Yoga - Balance	Balance practice to assist up with the duties of the host. Please avoid any drunken yoga!	15
Holiday Yoga - Digestion	The party was awesome and maybe we indulged just a little too much. This yoga flow is for digestion.	15
Holiday Yoga - Relax	Now that the house is on order, you are needing a bit of break. Restorative and yin yoga - slow down.	15
Holiday Yoga - Meditation	A moment to bring focus to what you are grateful and to meditate.	15
Holiday Yoga - New You	What is next for you.... A new year and some new plans... maybe include yoga into your daily routines.	10
Conclusion	Thanks for being a part of the our workshop	5