


Flexy & Fit in 15

December 2019



Keep your practice up in the busy holiday season, with 10-20 minutes of yoga every day! A healthy mix of stretching and strengthening in this all levels challenge.

Flexy & Fit in 15

1 Yoga for Tight Calves & Ankles (20 min)	2 Morning Yoga Stretch (10 min)	3 Upper Body Yin (20 min)	4 Flexibility Flow (10 min)	5 Lower Body Strength (20 min)	6 Evening Relaxation (15 min)	7 Beginner Strength & Flex (20 min)
8 Energizing Core Workout (15 min)	9 Yoga for Digestion (10 min)	10 Upper Body Yoga (15 min)	11 Yoga for Soccer Players (15 min)	12 Restorative Yoga for Joints (15 min)	13 Hatha for Spine Health (15 min)	14 HIIT Cardio Workout (10 min)
15 Beginners Yoga in Bed (20 min)	16 Morning Yoga for Strength (10 min)	17 Upper Body Yoga Stretch (10 min)	18 Neck Stretch for Stiffness (10 min)	19 Balance & Stability (15 min)	20 Restorative for Back Pain (15 min)	21 High Intensity Cardio Workout (10 min)
22 IT Band Yoga for Runners (15 min)	23 Obliques Circuit Training (15 min)	24 Yoga for Travel & Jet Lag (15 min)	25 Restorative Yoga in Bed (20 min)	26 Hip Opening Yoga (15 min)	27 Yin Yoga for Extremities (15 min)	28 Morning Full Body Stretch (10 min)
29 Full Body Deep Stretch (10 min)	30 Glutes & Balance (15 min)	31 Morning Wake Up Stretch (10 min)				