

November Alignment

Vinyasa & Yin Yoga - all levels welcome

Advance your practice with daily yoga classes emphasizing proper posture, muscular engagement, breath control and foundational alignment.



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1 Core Yoga 30 min	2 Morning Stretch 10 min	3 Yin Backbends 35 min	4 Full Body Vinyasa 45 min	5 Morning Sun Salutations 15 min	6 Upper Body Yin 45 min	7 Fluid Hips Flow 15 min
8 Backbend Flow 55 min	9 Hamstrings & Hips 20 min	10 Yin for Hips 45 min	11 Calves & Ankles Stretch 20 min	12 Advance Your Practice 30 min	13 Vin to Yin 60 min	14 Balance & Stability 15 min
15 Slow Flow Flow 30 min	16 No Props Yin 40 min	17 Lotus Flow 45 min	18 Flexibility & Strength 20 min	19 Full Body Vinyasa 45 min	20 Standing Poses 60 min	21 Stress Relief Yin 40 min
22 Foundation Flow 30 min	23 Vin to Yin Core 60 min	24 Yoga Binds 35 min	25 Yin Side Body 45 min	26 Hip Stregnth 35 min	27 Lower Body Yin 40 min	28 Full Body Stretch 10 min
29 Core Strength 15 min	30 Immune System Yin 40 min					

