



DECEMBER 2018

15 min Daily Yoga

Stay consistent with your practice and reduce holiday stress by doing 10-20 minutes of yoga every day! This challenge is great for all levels and combines all styles for a well-rounded month of yoga!

DECEMBER YOGA CHALLENGE

Click on the classes in the calendar to stream on YouTube or download them via gumroad.com



1 10 min Morning Stretch	2 20 min Yoga for Glutes	3 20 min Beginner Yoga	4 15 min Yoga for Gofers	5 15 min Yoga for Balance	6 15 min Yoga for Core	7 15 min Crown Chakra
8 20 min Beginner Flow	9 15 min Afternoon Flow	10 15 min Yin Extremities	11 20 min Upper Body Release	12 15 min Glutes & Balance	13 15 min Hip YogaFlow	14 10 min Core Strength
15 10 min Neck Stretch	16 20 min Hips & Hamstrings	17 10 min Wrist Stretches	18 10 min HIIT Yoga	19 10 min Obliques	20 15 min Low Back Yoga	21 15 min Headache Relief
22 15 min Morning Yoga	23 10 min Plank Pose Challenge	24 20 min Lower Body Sculpt	25 15 min Morning Meditation	26 15 min Yoga for Joints	27 15 min Travel Yoga	28 20 min Yoga Warmup
29 20 min Lower Body Yoga	30 20 min Bedtime Yoga	31 15 min Meditation				