



FLEXY FEBRUARY

**TURBOCHARGE YOUR FLEXIBILITY IN 28 DAYS
CELLS IN WHITE ARE OPTIONAL REST DAYS**

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| Side Body Stretch 25 min 1 | Hamstrings Flow 55 min 2 | Full Body Flow 35 min 3 | Yin for Quads 40 min 4 | Morning Yoga 15 min 5 | Flexibility Flow 60 min 6 | Beginner Yin 30 min 7 |
| Vinyasa Flexibility 25 min 8 | Yin for Runners 50 min 9 | Beginner Flow 30 min 10 | Yin Flexibility 60 min 11 | Hip Opening Yoga 15 min 12 | Yin Backbends 45 min 13 | Flexibility Flow 60 min 14 |
| Morning Yin Yoga 30 min 15 | Full Body Stretch 30 min 16 | Side Body Stretch 45 min 17 | Deep Yin 90 min 18 | Neck Stretches 10 min 19 | Heart Opening 45 min 20 | Bird of Paradise 50 min 21 |
| Hips Don't Lie 60 min 22 | Upper Body Yin 45 min 23 | Yoga for Flexibility 40 min 24 | Side Splits Yin 50 min 25 | Afternoon Yoga 15 min 26 | Full Body Tune Up 30 min 27 | Yin Yoga Hips 60 min 28 |