

# JANUARY DETOX CHALLENGE

Click on the classes in the calendar to stream on YouTube or download them via [gumroad.com](https://gumroad.com)

1 Sun Salutations 15 min	2 Core & Twists 30 min	3 Minimal Cues 35 min	4 Yoga Stretch 20 min	5 Yin Digestion 30 min	6 Twist & Detox 45 min	7 Morning Yoga 15 min
8 Side Body Stretch 45 min	9 Morning Yoga 35 min	10 Detox Yoga 30 min	11 Yin Kidneys 50 min	12 Power Yoga 40 min	13 Full Body Stretch 35 min	14 Full Body Flow 20 min
15 Vin to Yin 55 min	16 Morning Slow Flow 40 min	17 Twist & Energize 30 min	18 Yin Side Body 45 min	19 Morning Yoga 30 min	20 Fire Element 40 min	21 Full Body Stretch 10 min
22 Yin Back Flexibility 30 min	23 Upper Body Sculpt 45 min	24 Upper Body Release 20 min	25 Afternoon Yoga 15 min	26 Total Body Workout 30 min	27 Yin Liver 45 min	28 Summer Solstice 35 min
29 Flexibility Flow 10 min	30 Vin to Yin 60 min	31 Morning Energy Boost 30 min				

