

Styles of Yoga



YIN

VINYASA

MEDITATION

HATHA

YIN

MOBILITY

VINYASA

1

Yin Affirmations
45 min

2

Fluid Hips
15 min

3

Awareness of
Thought
10 min

4

Tight Calves
20 min

5

Yin No Props
1 hour

6

Lower Body
50 min

7

Core Strength
20 min

8

Yin for Inner
Child 45 min

9

Energizing Core
15 min

10

Love Meditation
10 min

11

Bedtime Yoga
20 min

12

Yin Affirmations
30 min

13

Upper Body
45 min

14

Minimal Cues
35 min

15

Yin Backbends
35 min

16

Flow for Sleep
30 min

17

Body Scan
20 min

18

Morning
Stretches
10 min

19

Yin Abundance
1 hour

20

Glutes & Quads
30 min

21

Summer Solstice
Flow 35 min

22

Yin Deep Stretch
1 hour

23

Minimal Cues
45 min

24

I Am Bed
Meditation 10
min

25

Yoga Stretch
20 min

26

Yin Compassion
1 hour

27

Shoulders
25 min

28

Flexibility Flow
10 min

29

Yin for
Confidence 40
min

30

Backbend Flow
30 min