

31 DAYS OF YOGA

MINDFUL MARCH

YIN + RESTORATIVE + MEDITATION
RELIEVE STRESS AND INCREASE FLEXIBILITY



#mindfulmarch

@yoga_with_kassandra



youtube.com/yogawithkassandra



Mindful March

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

Chakra Yin Yoga 60 min 1	Beginner Yin 30 min 2	Yin for Liver 45 min 3	Yin for Sleep 45 min 4	Morning Meditation 10 min 5	Neck & Shoulders 30 min 6	Yin Digestion 30 min 7
Chakra Yin Yoga 75 min 8	Yin Relaxation 30 min 9	Yin for Spleen 30 min 10	Restorative 15 min 11	Guided Meditation 15 min 12	Yin Backbends 45 min 13	Yin Yoga Hips 60 min 14
Root Chakra 60 min 15	Morning Yin 30 min 16	Yin for Kidney 50 min 17	Yin for Anxiety 45 min 18	Morning Meditation 10 min 19	Yin at the Wall 30 min 20	Neck & Hips 60 min 21
Sacral Chakra 60 min 22	Yin for Quads 40 min 23	Heart & Lungs 45 min 24	Restorative for Sleep 25 min 25	Guided Meditation 15 min 26	Yin Side Body 45 min 27	Yin Yoga Splits 55 min 28
Yin for Posture 25 min 29	Deep Yin 90 min 30	Upper Back Knots 30 min 31	 #mindfulmarch @yoga_with_kassandra	 www.youtube.com/yogawithkassandra		