

November Alignment

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



#novemberalignment
@yoga_with_kassandra



youtube.com/yogawithkassandra

1 Slow Flow 45 min	2 Balance Flow 15 min	3 Air Element 40 min	4 Yin No Props 40 min	5 Beg to Int 30 min	6 Vin to Yin 55 min	7 Balance & Core 35 min
8 Yin Deep Stretch 45 min	9 Beginner Foundations 30 min	10 Hips Stretch 20 min	11 Lotus Flow 45 min	12 Side Body Stretch 45 min	13 Earth Element 45 min	14 Yin for Hips 60 min
15 Beginner Flow 20 min	16 Hip Strength Yoga 35 min	17 Yoga Binds 35 min	18 Sun Salutations 60 min	19 Stress Relief Yin 40 min	20 Water Element 45 min	21 Full Body Stretch 30 min
22 Hip Flexor Love 25 min	23 Quick Core 10 min	24 Heart & Lung Yin 45 min	25 Flexibility Flow 60 min	26 Fire Element 40 min	27 Super Slow Flow 30 min	28 Yin Backbends 45 min
29 Intention Yoga 60 min	30 Wheel Flow 60 min					

