

# Everything In 30

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

1 Full Body Flow 35 min	2 Yin Neck & Shoulders 33 min	3 Beginner Yoga 30 min	4 Full Body Stretch 34 min	5 Yin for Hips 29 min	6 Yoga for Surfers 29 min	7 Twist & Energize 27 min
8 Full Body Tune Up 30 min	9 Yin Digestion 31 min	10 Rise & Shine 36 min	11 Hands Free Flow 30 min	12 Yin Spleen & Stomach 30 min	13 Beginner to Intermediate 30 min	14 Super Slow Flow 29 min
15 Yoga for Swimmers 28 min	16 Yin Heart Chakra 28 min	17 Beginner Flow 29 min	18 Unwind After Work 26 min	19 Core & Twists 29 min	20 Yoga with Blocks 33 min	21 Yoga Binds 35 min
22 Yin At The Wall 32 min	23 Body Love 35 min	24 Yoga for Knee Strength 25 min	25 Upper Body TLC 31 min	26 Home Practice 34 min	27 Beginner Yin 36 min	28 Morning Energy 33 min
29 Low Back TLC 31 min	30 Yoga for Office Workers 25 min	31 Yin Upper Back 32 min				



#everythingin30  
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