

# Everything In 30

Practice 30 minutes of yoga everyday for 31 days! Improve your physical, mental and emotional health.

**VINYASA, HATHA & YIN YOGA - ALL LEVELS WELCOME**

# Everything In 30

1  
Libido Boosting  
Flow 30 min

2  
Yin for Grief  
35 min

3  
Core & Lower  
Body 30 min

4  
Slow Flow for  
Intuition 35 min

5  
Saturday  
Morning Flow 30  
min

6  
Sunday Morning  
Yin 30 min

7  
Twist & Energize  
30 min

8  
Hip Flexor love  
25 min

9  
Throat Chakra  
Yin 35 min

10  
Yoga for Knees  
25 min

11  
Close to Earth  
30 min

12  
Yin Affirmations  
for Intuition 30  
min

13  
Minimal Cues  
Flow 30 min

14  
Monday Morning  
Flow 30 min

15  
Tuesday Morning  
Yin 30 min

16  
Beginner to  
Intermediate 30  
min

17  
Minimal Cues  
35 min

18  
Yin Success  
Affirmations 30  
min

19  
Full Body Flow 30  
min

20  
Morning Yin 30  
min

21  
Power Yoga  
30 min

22  
Strength Within  
30 min

23  
Minimal Cues  
35 min

24  
Third Eye Yin  
30 min

25  
Yoga Binds 35  
min

26  
Therapy Ball  
Shoulders 25 min

27  
Hip Strength 35  
min

28  
Yin Back  
Flexibility 30 min

29  
Rise & Shine  
30 min

30  
Yin Relaxation 30  
min

31  
Unwind After  
Work 25 min

