


# September Splits 2019



**30 day yoga  
program to  
turbocharge  
your flexibility  
and get you into  
the splits!**



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1  
Yin Hamstrings  
45 min

2  
Yoga Stretch  
20 min

3  
Minimal Cues  
45 min

4  
Yin Deep Stretch  
60 min

5  
Flexibility Flow  
10 min

6  
Yin No Props  
60 min

7  
Hip Flexor Love  
25 min

8  
Vin to Yin  
60 min

9  
Yin Affirmations  
30 min

10  
Full Body Stretch  
30 min

11  
90 min Yin

12  
Arm Balance  
Flow  
35 min

13  
Yin for Runners  
50 min

14  
Yoga for  
Flexibility  
40 min

15  
Yin Hip Flexibility  
60 min

16  
1 Hour Flow

17  
Intense Yin  
30 min

18  
Yoga Stretch  
10 min

19  
Therapy Ball Low  
Body 50 min

20  
Yin Hips  
30 min

21  
Bird of Paradise  
50 min

22  
Vin to Yin  
1 hour

23  
Beginner Hip  
Yoga  
30 min

24  
Int. Flow  
30 min

25  
Yin for Quads  
40 min

26  
Yin Splits  
55 min

27  
Fluid Hips Flow  
15 min

28  
Yin Side Splits  
50 min

29  
Sore Muscles  
30 min

30  
Get Into Splits 60  
min