

# Spring Into yoga

STRENGTH - FLEXIBILITY - BALANCE - STRESS RELIEF

A 30 DAY YOGA CALENDAR FOR A  
BALANCED PRACTICE



#springintoyoga  
@yoga\_with\_kassandra



youtube.com/yogawithkassandra





# Spring Into yoga

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

## FULL BODY

## CORE

## BALANCE

## REST

## UPPER BODY

## TWISTS

## HIPS

1  
Spring Equinox  
Flow 35 min

2  
Fire Element  
Yoga 40 min

3  
Beach Flow for  
Balance 15 min

4  
Low Back Yin 30  
min

5  
Eka Pada 2 Flow  
35 min

6  
Twist & Energize  
30 min

7  
Sacral Chakra Yin  
60 min

8  
My Home  
Practice 30 min

9  
Core Flow 15 min

10  
Asymmetrical  
Flow 35 min

11  
Yoga for Sore  
Muscles 30 min

12  
Air Element Yoga  
40 min

13  
Detox Yoga 30  
min

14  
Yin for Runners  
50 min

15  
Body Love 30  
min

16  
Obliques & Side  
Body 25 min

17  
Dancer's Pose  
Flow 60 min

18  
Low Back TLC 30  
min

19  
Upper Body Yin  
45 min

20  
Twist & Detox 45  
min

21  
Yin for Hips 60  
min

22  
Minimal Cues  
Yoga 30 min

23  
Spicy Core 30  
min

24  
Vinyasa Balance  
& Flexibility 25  
min

25  
Yin for Sleep 45  
min

26  
Upper Body  
Sculpt 45 min

17  
Yin for Digestion  
30 min

18  
Morning Yoga for  
Hips 30 min

29  
Intention Setting  
Yoga 55 min

30  
Plank Pose  
Challenge 10 min



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