

# Spring Into Yoga

FULL BODY	CORE	BALANCE	REST	UPPER BODY	TWISTS	HIPS
1 Intention Setting Flow 55 min	2 Energizing Core 15 min	3 14 Day Challenge Day 10 20 min	4 Love Meditation 10 min	5 Upper Body Yin 40 min	6 14 Day Challenge Day 11 25 min	7 Flexibility Flow 10 min
8 Full Body Flow 20 min	9 14 Day Challenge Day 13 25 min	10 Minimal Cues 35 min	11 Bedtiem Yoga 20 min	12 14 Day Challenge Day 7 30 min	13 Detox Yoga 30 min	14 14 Day Challenge Day 3 25 min
15 Morning Yoga in Bed 6 min	16 Vin to Yin Core 55 min	17 Yoga for Balance 15 min	18 Yin Back Flexibility 30 min	19 Neck & Shoulder Flow 20 min	20 Yoga Binds 35 min	21 Yoga Hips & Hamstrings 20 min
22 Minimal Cues Yoga 45 min	23 Power Vinyasa 40 min	24 Beach Yoga Balance 15 min	25 Sleep Program Day 9 20 min	26 Heart Chakra Yin 30 min	27 Core & Twists 30 min	28 Lotus Flow 45 min
29 No Props Yin 55 min	30 7 Day Core Challenge Day 1					

