

# Strength & Power

A 31 DAY YOGA CALENDAR TO FOCUS ON STRENGTH,  
ARM BALANCES & INVERSIONS!



**#strengthandpower**

**@yoga\_with\_kassandra**



**youtube.com/yogawithkassandra**



# Strength & Power May 2018

Click on the classes in the calendar to stream on YouTube or download them via [gumroad.com](https://gumroad.com)

**CLICK HERE FOR THE YOUTUBE PLAYLIST.**

1 Flex & Strength 20 min	2 Upper Body Sculpt 45 min	3 Quick Yoga Abs 15 min	4 Upper Body Yin 30 min	5 Total Body Workout 30 min	6 Detox Flow 30 min	7 Arm Balance & Inversions 60 min
8 Yin Upper Back Knots 30 min	9 Core Flow 15 min	10 Bad Side 50 min	11 Lower Body Flow 20 min	12 Yin Extremities 15 min	13 Yoga with Blocks 30 min	14 Yoga for Weightlifters 30 min
15 Arm Balance Yoga 30 min	16 Yin Hips & Shoulders 60 min	17 Power Vinyasa 40 min	18 Home Practice 30 min	19 Yoga for Glutes 20 min	20 Heart & Lung Yin 45 min	21 Power Yoga 30 min
22 Eka Pada 2 35 min	23 HIIT Yoga 15 min	24 Yin Low Back 30 min	25 Minimal Cues 35 min	26 Core & Twists 30 min	27 Creative Flow 25 min	28 Yin at Wall 30 min
29 Core Strength Power 45 min	30 Full Body Flow 20 min	31 Vin to Yin 55 min				



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