

Everything in 30

October 2020

1 Evening Yoga Stretch 30 min	2 Yoga for Healthy Spine 35 min	3 Circle Sculpt Workout 30 min	4 Metta Meditation 25 min	5 Healing Yin & Affirmations 35 min	6 Full Body Vinyasa Yoga 30 min	7 Full Body Intermediate 35 min
8 Beginners Yoga at Home 30 min	9 Throat Chakra Yin Yoga 35 min	10 Strengthen & Lengthen 25 min	11 Minimal Cues Yoga Flow 35 min	12 Therapy Ball for Shoulders 25 min	13 Full Body Yoga Stretch 30 min	14 Yin Yoga for Serenity 35 min
15 Yoga for Knee Strength 25 min	16 Full Body Beginner Yoga 30 min	17 Super Slow Flow 35 min	18 Strong Legs Yoga Flow 25 min	19 Flexibility Slow Flow 30 min	20 Intermediate Yoga Flow 30 min	21 Hamstring Flexibility Yin 25 min
22 Hatha for Hips & Back 25 min	23 Full Body Tune Up 30 min	24 Spicy Core Yoga 30 min	25 Hip Flexor Psoas Yoga 25 min	26 Full Body Toning 30 min	27 Intermediate Minimal Cues 30 min	28 Core & Lower Body Stretch 35 min
29 Unwind After Work Yoga 25 min	30 Yoga Binds Vinyasa Flow 35 min	31 Yin Yoga for Heart 30 min				

