

# September Splits 2020

1  
Yin for  
Flexibility  
60 min

2  
Yin Yoga  
for Hips  
30 min

3  
Full Body  
Morning Yoga  
10 min

4  
Hips & Legs  
Deep Yin Stretch  
60 min

5  
Full Body  
Yoga Stretch  
30 min

6  
Get Into  
the Splits  
55 min

7  
Yoga for Hips  
& Hamstrings  
20 min

8  
Yin for Hip  
Flexibility  
60 min

9  
Slow Flow  
Total Body  
35 min

10  
Intense  
Yin Yoga  
30 min

11  
Flexibility  
Flow Yoga  
15 min

12  
Yin Yoga  
Tight Hips  
40 min

13  
Relaxation  
Evening Yoga  
15 min

14  
Minimal Cues  
Yoga Flow  
45 min

15  
Hip Flexor  
Psoas Yoga  
25 min

16  
Hamstring  
Flexibility Yin  
45 min

17  
Full Body  
Slow Flow  
15 min

18  
Detox Yoga  
Vin to Yin  
60 min

19  
Hip Strength  
& Flexibility  
35 min

20  
Vin to Yin  
Full Body  
60 min

21  
Yin Yoga with  
Affirmations  
30 min

22  
Therapy Ball  
Mobility  
50 min

23  
Yin Yoga Splits  
Training  
55 min

24  
Fluid Hips  
Yoga Flow  
15 min

25  
Yin Full Body  
Flexibility  
60 min

26  
Morning Yoga  
Full Body  
10 min

27  
Yoga for  
Flexibility  
40 min

28  
Morning Yoga  
Deep Stretch  
10 min

29  
Yin Yoga  
Side Splits  
50 min

30  
Get Into  
Flying Splits  
35 min