

# Styles of Yoga

## VINYASA

## FITNESS

## HATHA

## MEDITATION

## YIN

## POWER

## VIN TO YIN

1

Beginner  
Yoga  
30 min

2

Best Booty  
Workout  
15 min

3

Tight Calves  
& Ankles  
20 min

4

Meditation  
for Love  
10 min

5

Deep Stretch  
for Flexibility  
45 min

6

Intermediate  
Yoga Workout  
40 min

7

Air  
Element  
40 min

8

Flexibility Yoga  
Intermediate  
45 min

9

HIIT Cardio  
Workout  
10 min

10

Spine Health  
Hatha  
15 min

11

Body Scan  
Technique  
20 min

12

Neck, Shoulders  
& Hips Yin  
60 min

13

Rise & Shine  
Power Flow  
35 min

14

Fire  
Element  
50 min

15

Full Body  
Deep Stretch  
30 min

16

Obliques  
Circuit Training  
15 min

17

Low Back  
TLC  
30 min

18

Beginner  
Mantra  
5 min

19

Full Body  
Stress Relief  
40 min

20

Lower Body  
Sculpt  
45 min

21

Water  
Element  
45 min

22

Energizing  
Morning  
10 min

23

Quick  
Yoga Abs  
15 min

24

Stress Relief  
Hatha  
45 min

25

Awareness  
of Thoughts  
15 min

26

Affirmations  
for Serenity  
35 min

27

Full Body  
Workout  
30 min

28

Earth  
Element  
45 min

29

Flexibility  
Slow Flow  
30 min

30

Cardio Yoga  
Workout  
10 min

