

# TWENTY IS PLENTY

**1**  
**Hands Free**  
**Morning Flow**  
20 min

**2**  
**Upper Body**  
**Flow**  
15 min

**3**  
**Evening**  
**Yoga Stretch**  
15 min

**4**  
**Full Body**  
**Chair Workout**  
20 min

**5**  
**Deep Stretch**  
**for Hips**  
15 min

**6**  
**Beginner**  
**Bedtime Yoga**  
20 min

**7**  
**Strengthen**  
**& Lengthen**  
25 min

**8**  
**Strength &**  
**Flexibility**  
20 min

**9**  
**Unwind**  
**After Work**  
25 min

**10**  
**Fluid Hips**  
**Flow**  
15 min

**11**  
**Hips &**  
**Low Back**  
25 min

**12**  
**Morning Sun**  
**Salutations**  
15 min

**13**  
**Knee Strength**  
**Yoga**  
25 min

**14**  
**Yoga for**  
**Soccer**  
15 min

**15**  
**Yoga Flow**  
**Side Body**  
25 min

**16**  
**Balance,**  
**Core & Flexi**  
20 min

**17**  
**Yin for Low**  
**Back & Posture**  
25 min

**18**  
**Balance &**  
**Stability**  
15 min

**19**  
**Yoga for**  
**Tight Calves**  
20 min

**20**  
**Lower Body**  
**Strength**  
20 min

**21**  
**Intermediate**  
**Yoga Core**  
25 min

**22**  
**Chair Yoga**  
**Beginners**  
20 min

**23**  
**Gentle Hatha**  
**Yoga Class**  
20 min

**24**  
**Intermediate**  
**Yoga Flow**  
25 min

**25**  
**Bedtime**  
**Yoga**  
20 min

**26**  
**Booty Circuit**  
**Workout**  
15 min

**27**  
**Intermediate**  
**Yoga Flow**  
20 min

**28**  
**Hatha for**  
**Spine Health**  
15 min

**29**  
**Hip Flexor**  
**Love**  
25 min

**30**  
**Creative Flow**  
**Advances**  
25 min

**31**  
**Upper Body**  
**Yin Yoga**  
20 min

