

September Splits 2018

Click on the classes in the calendar to stream on YouTube or download them via gumroad.com



1

Yin Yoga Splits
55 min

2

Get Into Splits 60
min

3

Intense Yin 30
min

4

Lower Body
Strength 20 min

5

Yin for Flexibility
60 min

6

Hips Don't Lie 55
min

7

Bedtime Yoga 20
min

8

Flexibility Flow
60 min

9

Yin for Runners
35 min

10

Yoga for Tight
Hips 35 min

11

Yin Deep Stretch
45 min

12

Full Body Stretch
30 min

13

No Props Yin 40
min

14

Yoga for Cyclists
20 min

15

Yin Side Splits 50
min

16

Bird of Paradise
50 min

17

Vinyasa Flexibility
60 min

18

Yin Side Body 45
min

19

Hip Strength
Yoga 35 min

20

Hips & Low Back
25 min

21

Yin Quads 40
min

22

Hip Flexor Love
25 min

23

Yin for Hips 60
min

24

Yoga Sore
Muscles 30 min

25

Sacral Chakra Yin
60 min

26

Super Slow Flow
35 min

27

Yin for Runners
50 min

28

Yoga for
Flexibility 40 min

29

Yin Yoga Splits
55 min

30

Get Into Splits 60
min