

YOGA RESOLUTIONS 2023

1 Affirmations Yin for Success 30 min	2 Beginner Gentle Morning 11 min	3 Root Chakra Morning 12 min	4 Gentle & Simple Yoga Stretch 13 min	5 Wake Up Yoga stretch 7 min	6 Quick Core Pilates 12 min	7 Sacral Chakra Morning 13 min
8 Affirmations Yin for Health 30 min	9 All Levels Morning Yoga 9 min	10 Easy Yoga in Bed 9 min	11 Solar Plexus Morning 12 min	12 Yoga for Your Back 12 min	13 Core Strength Power Yoga 12 min	14 Morning Yoga Stretch 12 min
15 Affirmations Yin for Serenity 30 min	16 Heart Chakra Morning 13 min	17 Morning with Blocks 11 min	18 Evening Wind Down 8 min	19 Throat Chakra Morning 14 min	20 Thighs Ignite Mat Workout 14 min	21 Gentle Easy Stretch 11 min
22 Affirmations Yin for Intuition 30 min	23 Third Eye Morning 14 min	24 Slow Flow Morning 12 min	25 Hands Free Morning 11 min	26 Crown Chakra Morning 11 min	27 Energizing Ab Workout 13 min	28 Energy Boost Yoga Stretch 10 min
29 Affirmations Yin Self Love 30 min	30 Flexibility Flow 13 min	31 Yoga Hips & Lower Back 10 min				