Weekly Yoga Workouts - FREE!

WEEK 1
DAY 1: Ease into it - 34:56
DAY 2: Stretch and soothe - 33:19
DAY 3: Forget what you know - 23:04
DAY 4: Yoga for your back - 20:16
DAY 5: Feel alive flow - 16:33
DAY 6: Six pack abs - 16:58
DAY 7: Total body yoga - 30:03

WEEK 2
DAY 8: Yoga for healing and meditation - 28:10
DAY 9: Full potential detox - 25:57
DAY 10: 10 minute sun salutation - 12:40
DAY 11: Shakti yoga practice - 23:21
DAY 12: Yoga for spinal health - 17:48
DAY 13: Endurance and ease - 25:51
DAY 14: Mindful hatha workout - 16:47

WEEK 3
DAY 15: Half hour moon practice - 29:37
DAY 16: Easy breezy beautiful yoga - 14:18
DAY 17: Happiness boost yoga - 34:49
DAY 18: Wonder yoga - 21:07
DAY 19: Breath & body practice - 21:26
DAY 20: Heart practice - 27:02
DAY 21: Joyful home practice - 32:02

WEEK 4
DAY 22: Full body awareness - 20:55
DAY 23: Freedom & forgiveness - 23:48
DAY 24: Gentle yummy yoga - 18:51
DAY 25: Dancing warrior sequence - 12:35
DAY 26: Earth practice, total body yoga - 23:03
DAY 27: Flexible, fearless & fun - 16:39
DAY 28: Playful yoga practice - 19:10

WEEK 5
DAY 29: Sweet surrender - 17:46
DAY 30: Find what feels good - 21:56

Yoga With Adriene
To access these exercises, go to YouTube and search “30 Days of Yoga” or begin by accessing the workouts here:
https://youtu.be/TXU591OYOHA?list=PLui6Eyny-UzwxbWCWDbTzEwsZnnROBTIL