



30 DAYS OF YOGA

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/TXU5910YOHA?list=PLui6Eyny-UzwxbWCWDbTzEwsZnnROBTIL>

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