

YOGA FLOWS



Instructions:

Click a yoga flow to watch a short video that improves flexibility and strength while boosting energy levels.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All 4's	Tic Toc	Balance	Sun Salutation	Centered Core
Core & Strength	Strong & Humble	Focus & Concentration	Dance of Shiva	Mirror
Centered Core	Floor Flex	Mirror	Strong & Humble	Focus & Concentration
Balance	All 4's	Sun Salutation	Tic Toc	Core & Strength



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