



# YouTube yogaplan

M Ä R Z 2 0 2 3

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		<b>1</b> <b>Morning Stretch</b> 10 Minuten	<b>2</b> <b>Happy Heart, Healthy Back</b> 28 Minuten	<b>3</b> <b>Sunshine Morning</b> 15 Minuten	<b>4</b> <b>Stretch &amp; Relax</b> 30 Minuten	<b>5</b> <b>Dynamic Power Flow</b> 30 Minuten
<b>6</b> Meditation: <b>5 Minuten für den Morgen</b> 5 Minuten	<b>7</b> <b>Energie &amp; Fokus</b> 13 Minuten	<b>8</b> <b>Slow &amp; Flexible</b> 20 Minuten	<b>9</b> <b>Ganzkörper Yoga Flow</b> 30 Minuten	<b>10</b> <b>Balance, Offenheit &amp; Liebe</b> 15 Minuten	<b>11</b> <b>Strong Flow</b> 28 Minuten	<b>12</b> <b>Yin Yoga Brust &amp; Schultern</b> 30 Minuten
<b>13</b> <b>ICH BIN Affirmationen</b> 12 Minuten	<b>14</b> <b>Bali Morgenroutine</b> 17 Minuten	<b>15</b> <b>Hüftöffner &amp; Rücken</b> 24 Minuten	<b>16</b> <b>Creative Core Flow</b> 30 Minuten	<b>17</b> <b>Schulter &amp; Nacken</b> 20 Minuten	<b>18</b> <b>Selfcare Yoga</b> 30 Minuten	<b>19</b> <b>Full Body Detox</b> 35 Minuten
<b>20</b> Meditation: <b>Du bist genug!</b> 12 Minuten	<b>21</b> <b>Rücken Express</b> 15 Minuten	<b>22</b> <b>Open Your Heart</b> 22 Minuten	<b>23</b> <b>Ganzkörper Flow (mit Nyle 🐾)</b> 30 Minuten	<b>24</b> <b>After Work Yoga</b> 17 Minuten	<b>25</b> <b>Bird of Paradise Yoga Flow</b> 35 Minuten	<b>26</b> <b>Wohlfühlen &amp; Entspannen</b> 30 Minuten
<b>27</b> Meditation: <b>Entspannung &amp; Innere Ruhe</b> 16 Minuten	<b>28</b> <b>Vinyasa Ashtanga Yoga</b> 15 Minuten	<b>29</b> <b>Sanftes Morgen Yoga</b> 15 Minuten	<b>30</b> <b>Bauch, Beine, Balance</b> 30 Minuten	<b>31</b> <b>Silent Yin Yoga</b> 45 Minuten		

BY MADY MORRISON

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