



YouTube yogaplan

APRIL 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					1 15 Min. Full Body Stretch 15 Minuten	2 Full Body Yoga 45 Minuten
3 Sunshine Morning 15 Minuten	4 Fatburning Yoga Flow 25 Minuten	5 Happy Heart, Healthy Back 28 Minuten	6 Full Body Detox 35 Minuten	7 Energie & Lebenskraft 15 Minuten	8 Bauch, Beine, Balance 30 Minuten	9 Yoga Energy Flow 40 Minuten
10 Rücken Yoga 22 Minuten	11 Strong Flow 25 Minuten	12 Sweet Summer Flow 30 Minuten	13 Slow Down Yoga 30 Minuten	14 Strong & Beautiful 20 Minuten	15 Stretch to Mermaid 30 Minuten	16 Yoga gegen Rückenschmerzen 44 Minuten
17 Bali Morgenroutine 17 Minuten	18 Power Yoga 30 Minuten	19 Mountain Flow 22 Minuten	20 Feel the Flow 24 Minuten	21 Yoga für den Bauch 15 Minuten	22 Slow Yoga 24 Minuten	23 NEU :) 30 Minuten
24 Energie & Fokus 12 Minuten	25 Summerbody Flow 2 30 Minuten	26 Sweet & Spicy 25 Minuten	27 Strong & Stretchy 35 Minuten	28 Yoga Energizer 15 Minuten	29 Hips like Honey 27 Minuten	30 60 Min. Yoga 60 Minuten