



YouTube yogaplan

M A I 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1 Rücken Yoga Express <i>und/oder</i> 20 min. Joggen	2 Bauch, Beine, Balance 30 Minuten	3 <i>Workout:</i> Butty Burn + Low Back Stretch 30 Minuten	4 Hips like Honey 27 Minuten	5 Strong & Beautiful 20 Minuten	6 Schulter & Nacken 10 Minuten	7 Mallorca Sunshine Yoga 35 Minuten
8 Sanftes Morgen Yoga <i>und/oder</i> 20 min. Joggen	9 Open your Heart 22 Minuten	10 <i>Workout:</i> Arms, Abs & Back 28 Minuten	11 Yin Yoga Brust & Schultern 35 Minuten	12 Sunshine Morning 15 Minuten	13 Full Body Detox 35 Minuten	14 Slow Yoga 25 Minuten
15 Rücken Yoga Anfänger <i>und/oder</i> 20 min. Joggen	16 Iceland Flow 35 Minuten	17 <i>Workout:</i> Abs Workout + Daily Stretch 25 Minuten	18 Hüftöffner & Rücken 24 Minuten	19 Twist it Out! 10 Minuten	20 Self Care Yoga 30 Minuten	21 Creative Core Flow 30 Minuten
22 Morning Stretch <i>und/oder</i> 20 min. Joggen	23 Sweet Summer Flow 30 Minuten	24 <i>Workout:</i> Legs & Booty 28 Minuten	25 Deep Stretch Beinrückseiten 30 Minuten	26 Bali Morgenroutine 17 Minuten	27 Kraft & Mobility 25 Minuten	28 Candle Light Yoga 33 Minuten
29 15 Min. Full Body Stretch <i>und/oder</i> 25 min. Joggen	30 Kraft & Willenstärke 20 Minuten	31 <i>Workout:</i> Full Body Workout 28 Minuten				

BY MADY MORRISON

Youtube: [youtube.com/madymorrison](https://www.youtube.com/madymorrison)

Instagram: @madymorrison