



# YouTube yogaplan

OKTOBER 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>1</b> Yoga Stretch 27 Minuten <b>Bali</b> Morgenroutine <b>2</b> 17 Minuten	<b>3</b> Rücken Express 15 Minuten	<b>4</b> Ganzkörper Flow (mit Nyle 🐾) 30 Minuten	<b>5</b> the ultimate MORNING STRETCH 15 Minuten	<b>6</b> Schulter & Nacken 10 Minuten	<b>7</b> Rise & Shine 18 Minuten	<b>8</b> Yoga gegen Rückenschmerzen 44 Minuten
<b>9</b> Morning Stretch 10 Minuten	<b>10</b> Hüftöffner & Rücken 24 Minuten	<b>11</b> Open your heart 23 Minuten	<b>12</b> Back Pain STRETCH 10 Minuten	<b>13</b> Sanftes Morgen Yoga 15 Minuten	<b>14</b> Kraft & Mobility 24 Minuten	<b>15</b> Yin Yoga Brust & Schultern 35 Minuten
<b>16</b> Morgenroutine im Bett 5 Minuten	<b>17</b> Full Body Detox 35 Minuten	<b>18</b> Bauch Yoga Express 12 Minuten	<b>19</b> Daily STRETCH 15 Minuten	<b>20</b> Strong & Beautiful 20 Minuten	<b>21</b> Hips like Honey 25 Minuten	<b>22</b> Yoga Herbst Flow 45 Minuten
<b>23</b> Yoga Abendroutine 15 Minuten	<b>24</b> Yoga Stretch Hüfte & Rücken 27 Minuten	<b>25</b> Bauch, Beine, Balance 30 Minuten	<b>26</b> Neck & Shoulder STRETCH 10 Minuten	<b>27</b> Sunshine Morning 15 Minuten	<b>28</b> Iceland Flow 35 Minuten	<b>29</b> Yin Yoga Rücken 44 Minuten
<b>30</b> 15 Min. Full Body Stretch 15 Minuten	<b>31</b> Candle Light Yoga 33 Minuten					

BY MADY MORRISON

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