



# YouTube yogaplan

NOVEMBER 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		<b>1</b> Ganzkörper Flow 28 Minuten	<b>2</b> BOOTY BURN Workout 15 Minuten	<b>3</b> Deep Stretch Routine 30 Minuten	<b>4</b> Sanftes Morgen Yoga 15 Minuten	<b>5</b> <b>NEW!</b> Magic Mountain Flow 28 Minuten
<b>6</b> Rücken Express 15 Minuten	<b>7</b> Slow Yoga 24 Minuten	<b>8</b> Yoga Herbst Flow 45 Minuten	<b>9</b> Leg STRETCH 15 Minuten	<b>10</b> Rise & Shine 18 Minuten	<b>11</b> Strong Flow 28 Minuten	<b>12</b> Entspannt & Beweglich 40 Minuten
<b>13</b> Strong & Beautiful 20 Minuten	<b>14</b> Self Care Yoga 30 Minuten	<b>15</b> Yoga Stretch Hüfte & Rücken 25 Minuten	<b>16</b> ARMS, ABS, BACK Workout 28 Minuten	<b>17</b> Energie & Lebenskraft 15 Minuten	<b>18</b> Stretch to Mermaid 33 Minuten	<b>19</b> Full Body Yoga 45 Minuten
<b>20</b> Rücken Yoga 20 Minuten	<b>21</b> Creative Core Flow 33 Minuten	<b>22</b> Slow Down 30 Minuten	<b>23</b> Better Posture STRETCH 10 Minuten	<b>24</b> Bauch Yoga Express 12 Minuten	<b>25</b> Full Body Detox 33 Minuten	<b>26</b> <b>NEW!</b> ... 12 Minuten
<b>27</b> Bali Morgenroutine 17 Minuten	<b>28</b> Happy Heart Healthy Back 28 Minuten	<b>29</b> Wohlfühlen & Entspannen 30 Minuten	<b>30</b> ABS Workout 10 Minuten			

BY MADY MORRISON

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