



# YouTube yogaplan

APRIL 2024

| Montag  | Dienstag   | Mittwoch                                      | Donnerstag   | Freitag  | Samstag  | Sonntag  |
|---|--|---|--|--|--|--|
| 1<br><b>Fitness Morgen Routine</b><br>10 Minuten        | 2<br><b>Hüftöffner &amp; Rücken</b><br>24 Minuten          | 3<br><b>Yoga Refresh</b><br>15 Minuten        | 4<br><b>Home WORKOUT Anfänger</b><br>20 Minuten              | 5<br><b>Vielsitzer Express</b><br>15 Minuten         | 6<br><b>Mallorca Sunshine Flow</b><br>35 Minuten | 7<br><b>Deep Stretch Routine</b><br>30 Minuten |
| 8<br><b>Legs &amp; Booty WORKOUT</b><br>28 Minuten      | 9<br><b>Hips like Honey</b><br>28 Minuten                  | 10<br><b>Bali Morgenroutine</b><br>17 Minuten | 11<br><b>Booty Burn WORKOUT</b><br>15 Minuten                | 12<br><b>15 Min. Full Body Stretch</b><br>15 Minuten | 13<br><b>Power Yoga</b><br>30 Minuten            | 14<br><b>Slow Down Yoga</b><br>30 Minuten      |
| 15<br><b>Full Body WORKOUT Beginner</b><br>30 Minuten   | 16<br><b>Yoga Stretch Hüfte &amp; Rücken</b><br>28 Minuten | 17<br><b>Morgengold</b><br>15 Minuten         | 18<br><b>Abs WORKOUT</b><br>10 Minuten                       | 19<br><b>Schultern &amp; Nacken</b><br>10 Minuten    | 20<br><b>Flow &amp; Fly</b><br>30 Minuten        | 21<br><b>Yin Yoga Light</b><br>30 Minuten      |
| 22<br><b>Arms, Abs &amp; Back WORKOUT</b><br>28 Minuten | 23<br><b>Slow &amp; Flexible</b><br>20 Minuten             | 24<br><b>Rise &amp; Shine</b><br>18 Minuten   | 25<br><b>Wähle dein Lieblings-WORKOUT der letzten Wochen</b> | 26<br><b>Rücken Yoga Express</b><br>15 Minuten       | 27<br><b>Full Body Yoga</b><br>45 Minuten        | 28<br><b>Candle Light Yoga</b><br>30 Minuten   |
| 29<br><b>Morning Stretch</b><br>10 Minuten              | 30<br><b>Fat Burning HIIT WORKOUT</b><br>28 Minuten        |   |  |  |  |  |

BY MADY MORRISON

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

Instagram: [@madymorrison](https://instagram.com/madymorrison)