



YouTube **yogaplan**
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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		1 Schulter & Nacken 10 Minuten	2 Booty Burn WORKOUT 15 Minuten	3 Yoga Stretch Hüfte & Rücken 27 Minuten	4 Strong Elegance 25 Minuten	5 Yin Yoga Brust & Schultern 35 Minuten
6 Yoga Refresh 15 Minuten	7 Hüftöffner & Rücken 24 Minuten	8 Sunshine Morning 15 Minuten	9 Full Body WORKOUT 30 Minuten	10 15 Min. Full Body Stretch 15 Minuten	11 Magic Mountain Flow 28 Minuten	12 Slow Yoga 24 Minuten
13 Bauch Yoga Express 12 Minuten	14 Sweet Summer Flow 30 Minuten	15 Rise & Shine 18 Minuten	16 Legs & Booty WORKOUT 25 Minuten	17 Yoga Abendroutine 15 Minuten	18 Bauch, Beine, Balance 30 Minuten	19 Wohlfühlen & Entspannen 30 Minuten
20 Strong & Beautiful 20 Minuten	21 Happy Heart, Healthy Back 30 Minuten	22 Morgengold 15 Minuten	23 Fat Burning HIIT WORKOUT 28 Minuten	24 Rücken Anfänger 22 Minuten	25 Creative Core Flow 30 Minuten	26 Silent Yin Yoga 45 Minuten
27 Open Your Heart 23 Minuten	28 Full Body Detox 35 Minuten	29 Bali Morgenroutine 15 Minuten	30 Abs WORKOUT 10 Minuten	31 Rücken Express 15 Minuten		

BY MADY MORRISON

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