YouTube yogaplan

11/2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1 Slow Flow Hüften 28 Minuten / 2 pilates Better Posture 20 Minuten	3 Bauch Yoga Express 12 Minuten	4 Yoga STRETCH 20 Minuten	5 Simply Good Yoga 28 Minuten	6 Schultern Express 16 Minuten	7 Strong Flow 25 Minuten	8 Wohlfühlen & Entspannen 30 Minuten
9 Full Body Workout 30 Minuten	10 Morgen-Yoga aus Frankreich 15 Minuten	11 Hips & Low Back STRETCH 15 Minuten	12 Self Care Yoga 30 Minuten	13 Schulter & Nacken 10 Minuten	14 Bauch, Beine, Balance 32 Minuten	15 Silent Yin Yoga 45 Minuten
16 pilates Full Body 20 Minuten	17 Rise & Shine 18 Minuten	18 Bye Bye Backpain STRETCH 12 Minuten	19 Kraft & Mobility 25 Minuten	20 Morning Stretch 10 Minuten	21 Root to Rise 45 Minuten	22 Yoga Stretch Hüfte & Rücken 27 Minuten
23 Arms, Abs & Back Workout 28 Minuten	24 Perfekter Morgen 22 Minuten	25 Deep STRETCH 25 Minuten	26 Full Body Detox Yoga 35 Minuten	27 Yoga Abendroutine 15 Minuten	28 Creative Core Flow 33 Minuten	29 Candle Light Yoga 30 Minuten
30 pilates Booty + pilates Abs 25 Minuten						

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