



30 DAY SUMMER YOGA

yogawithuliana.com

1 15 minute Slow Flow Yoga	2 10 minute Full Body Stretch	3 15 minute Yoga Flow	4 10 minute Hips & Lower Back	5 10 minute Standing Goddess Flow	6 10 minute Gentle Stretch	7 15 minute Vinyasa Yoga
8 13 minute Feel Good Yoga	9 10 minute Standing Eagle Flow	10 10 minute Yoga Stretch & Flow	11 15 minute Yoga Workout	12 10 minute Yoga Stretch	13 10 minute Standing Yoga	14 10 minute Seated Stretch
15 15 minute Full Body Slow Flow	16 10 minute Standing Flow	17 15 minute Gentle Stretch Routine	18 15 minute Vinyasa Flow	19 12 minute Quick Yoga Stretch	20 15 minute Good Morning Flow	21 15 minute Hips & Lower Back
22 15 minute Strong Yoga Flow	23 10 minute Seated Yoga	24 10 minute Core Strength Yoga	25 10 minute Standing Stretch	26 15 minute Full Body Flow	27 15 minute Lower Body Stretch	28 15 minute After Work Yoga
29 15 minute Full Body Stretch	30 15 minute Everyday Yoga Flow					