

August Hatha & Vinyasa Flow

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						25 minuten bauch yoga 1
NEW 2	morgen yoga 15 minuten 3	sanfter yoga flow 40 minuten 4	in 20 min STRESSLOS somatic yoga 5	40 minuten slow yoga vinyasa yin fusion 6	35 minuten mobilisieren für unbewegliche 7	vinyasa flow feel good yoga 40 minuten 8
NEW 9	yoga flow 40 minuten 10	40 minuten slow yoga 11	everyday yoga 30 minuten 12	morgen yoga 15 minuten 13	45 minuten full body yoga flow 14	SLOW YOGA für SEHR Tage 15
NEW 16	YOGA WORKOUT 15 minuten 17	Hatha Vinyasa Yoga FLOW 60 minuten 18	slow summer morgen yoga 20 minuten 19	rücken kurz & effektiv 15 minuten 20	60 min yoga flow happy HAMSTRINGS 21	everyday yoga 35 minuten 22
NEW 23	everyday yoga 30 minuten 24	rise & flow 15 minuten morgen yoga 25	Schulter & Nacken 15 Min Yoga 26	STRONG flow vinyasa yoga 27	perfekter morgen MORGEN YOGA 28	stretch & relax 25 minuten 29
NEW 30	30 minuten minimal cues flow vinyasa yoga 31					