

September Hatha & Vinyasa Flow 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		balance yoga flow 30 minuten 1	vinyasa flow feel good yoga 40 minuten 2	fasziales morgen yoga 20 minuten 3	everyday yoga 30 minuten 4	vinyasa yoga flow slow summer 35 minuten 5
NEW 6	Schulter & Nacken 15 Min Yoga 7	60 min yoga flow happy HAMSTRINGS 8	25 minuten bauch yoga 9	40 minuten vinyasa yin fusion IM INNEN WIE IM AUSSEN 10	slow summer morgen yoga 20 minuten 11	45 minuten full body yoga flow 12
NEW 13	everyday yoga 35 minuten 14	morgen yoga 25 minuten 15	sanfter yoga flow 40 minuten 16	40 minuten slow yoga vinyasa yin fusion 17	15 minuten morgen yoga 18	Slow Flow 25 minuten 19
NEW 20	stretch & relax 25 minuten 21	Hatha Vinyasa Yoga FLOW 60 minuten 22	40 minuten slow yoga 23	vinyasa ladder yoga flow 45 minuten 24	everyday yoga 30 minuten 25	yoga flow 40 minuten 26
NEW 27	minimal cues flow 40 minuten 28	in 20 min STRESSLOS somatic yoga 29	hatha vinyasa yoga flow 50 minuten 30			