

7 DAY EXPLORE YIN YOGA CHALLENGE

DAY

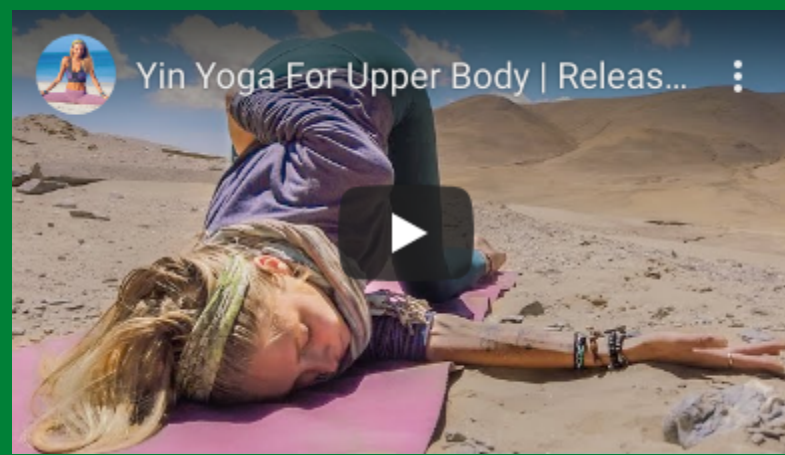
01



[Yin Yoga Bliss](#)

DAY

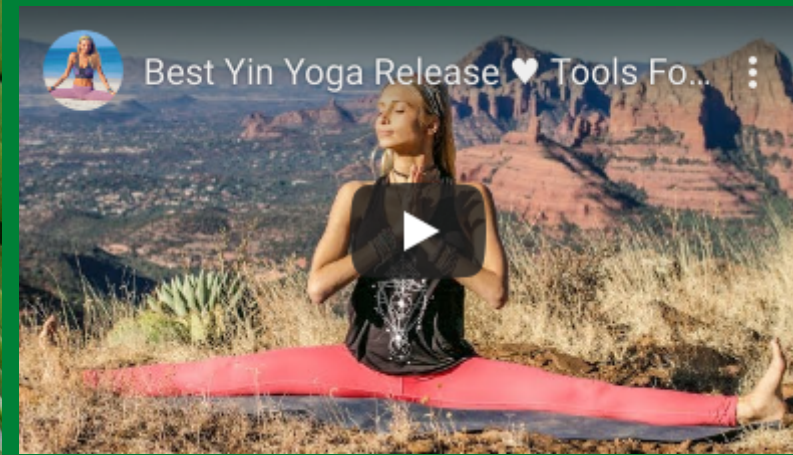
02



[Yin Yoga Upper Body](#)

DAY

03



[Best Yin Yoga Release](#)

DAY

04



[Yin Yoga Bliss](#)

DAY

05



[Yin Yoga Fusion](#)

DAY

06



[Yin Yoga For Flexibility](#)

DAY

07



[Yin Yoga Bliss](#)

NOTES

**Drink lots of water,
eat healthy food from
the Earth,
and remember to always
listen to your body.**

Click The Title Of The Video To Begin The Class