

# ONE WORLD ONE LOVE YOGA WORKOUT CHALLENGE

Virtually transport yourself to Costa Rica, Turks & Caicos, Nicaragua, Peru, Maldives, Malaysia and Nepal for your daily yoga workout with Boho Beautiful!



**DAY 1**

[Total Body Yoga Workout](#)  
Followed by  
[Full Body Yoga Workout](#)

**DAY 2**

[Total Body Yoga Workout](#)  
Followed by  
[Pilates Yoga Workout](#)

**DAY 3**

[Total Body Yoga Workout](#)  
Followed by  
[Ultimate Yoga Workout](#)

**DAY 4**

[Total Body Yoga Workout](#)  
Followed by  
[Yoga Workout 2020](#)

**DAY 5**

[Total Body Yoga Workout](#)  
Followed by  
[Yoga Workout For Weight Loss](#)

**DAY 6**

[Cardio Yoga Workout](#)  
Followed by  
[Total Body Yoga Workout](#)

**DAY 7**

[Total Body Yoga Workout](#)  
Followed by  
[Sunset Yoga Workout](#)

Go deeper with our New Generation Fitness Program: [Boho Beautiful Transform](#)

