

ATHLETES YOGA 30 Day Yoga Challenge



Comments / Notes

	Class Name	Length	
1	<input type="checkbox"/> Yoga for Rock Climbers Yoga Class	0:46:44	
2	<input type="checkbox"/> Hamstring Deep Stretch Class for Athletes	0:26:57	
3	<input type="checkbox"/> Yoga for Surfers	0:33:55	
4	<input type="checkbox"/> Deep Stretch for Athletes Yoga Class	0:38:30	
5	<input type="checkbox"/> Yoga for Runners (and Everyone Else!)	0:52:35	
6	<input type="checkbox"/> Post Workout Yoga for Sore Muscles	0:24:05	
7	<input type="checkbox"/> Yoga for Cross Training Athletes	0:43:07	
8	<input type="checkbox"/> Athletes Warm Up & Cool Down Combo	0:30:20	
9	<input type="checkbox"/> 60 Minute Run the Year Yoga Class	1:02:49	
10	<input type="checkbox"/> Yoga for Tennis Players	0:55:38	
11	<input type="checkbox"/> Yoga for Skiers	0:49:41	
12	<input type="checkbox"/> Apres Ski (post workout) Yoga Class	0:32:37	
13	<input type="checkbox"/> Yoga Fitness Class with Weights	1:05:28	
14	<input type="checkbox"/> Yoga with Weights & Cardio	0:57:22	
15	<input type="checkbox"/> 35 Minute Yoga Workout Class	0:36:21	
16	<input type="checkbox"/> Colorado Yoga Fitness Class with Weights	0:55:02	
17	<input type="checkbox"/> 60 Minute Yoga with Weights	1:00:22	
18	<input type="checkbox"/> Ignite Your Core Yoga Class	1:02:34	
19	<input type="checkbox"/> Cardio & Weights Yoga Fitness Class	0:38:51	
20	<input type="checkbox"/> Yoga for Your Core	0:35:59	
21	<input type="checkbox"/> 30 Minute Power Yoga Class	1:10:14	
22	<input type="checkbox"/> 35 Minute Yoga Fitness & Weights Class	0:35:58	
23	<input type="checkbox"/> 20 Minute Core Workout	0:20:56	
24	<input type="checkbox"/> Post Workout Recovery Yoga Class	0:22:26	
25	<input type="checkbox"/> Yoga for Competitive Swimmers	0:39:19	
26	<input type="checkbox"/> Quick Core Pick Me Up	0:32:05	
27	<input type="checkbox"/> Yoga Strength Building w Weights (45 Min)	0:45:17	
28	<input type="checkbox"/> Yoga for Your Shoulders (Swimmers)	0:28:32	
29	<input type="checkbox"/> Strength & Stretch for Surfers	0:35:59	
30	<input type="checkbox"/> High Energy Yoga Strength Class	0:47:08	

View the Entire 30 Day Traveling Flow Playlist at: FiveParksYoga.com/challenges/Athletes

Add Music to Your Yoga Experience with Spotify: FiveParksYoga.com/Music

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