

# TRAVELING FLOW 30 Day Yoga Challenge



Comments / Notes

	Class Name	Length	
1	<input type="checkbox"/> <a href="#">Sunrise Vinyasa Flow Yoga Class</a>	0:54:20	
2	<input type="checkbox"/> <a href="#">Slow Burn Yoga Class</a>	0:38:23	
3	<input type="checkbox"/> <a href="#">Beach Energy &amp; Strength Yoga Class</a>	0:56:00	
4	<input type="checkbox"/> <a href="#">Movement &amp; Meditation in the Jungle</a>	0:30:24	
5	<input type="checkbox"/> <a href="#">River Flow Yoga Class</a>	0:50:30	
6	<input type="checkbox"/> <a href="#">Revolved Postures Yoga Class</a>	0:57:01	
7	<input type="checkbox"/> <a href="#">Yoga Fusion Class</a>	1:02:28	
8	<input type="checkbox"/> <a href="#">Casa Bali Vinyasa Flow Yoga Class</a>	1:03:52	
9	<input type="checkbox"/> <a href="#">Gentle Yoga Class from Nicaragua</a>	0:42:06	
10	<input type="checkbox"/> <a href="#">Invigorating Morning Flow Yoga Class</a>	0:38:14	
11	<input type="checkbox"/> <a href="#">Sunset Beach Yoga Class in Nicaragua</a>	0:23:51	
12	<input type="checkbox"/> <a href="#">30 Min Strength Vinyasa Flow Class</a>	0:33:25	
13	<input type="checkbox"/> <a href="#">Wrist Free Beach Yoga Class</a>	0:26:48	
14	<input type="checkbox"/> <a href="#">30 Min Spring Detox Flow</a>	0:33:17	
15	<input type="checkbox"/> <a href="#">Happy Hips &amp; Happy Heart Yoga Class</a>	0:49:52	
16	<input type="checkbox"/> <a href="#">Love for your Legs Yoga Class</a>	0:18:38	
17	<input type="checkbox"/> <a href="#">20 Minute Gentle Stretch Yoga Class</a>	0:20:00	
18	<input type="checkbox"/> <a href="#">Flow in the Forest Yoga Class</a>	0:59:44	
19	<input type="checkbox"/> <a href="#">Yoga for Strength &amp; Tone Class</a>	0:55:29	
20	<input type="checkbox"/> <a href="#">Flow &amp; Stretch Yoga Class</a>	1:02:08	
21	<input type="checkbox"/> <a href="#">Twist &amp; Bind by the Ocean</a>	1:10:14	
22	<input type="checkbox"/> <a href="#">Heart Opening Sunset Yoga Retreat Class</a>	1:16:51	
23	<input type="checkbox"/> <a href="#">Yoga for Skiers (and everyone else!)</a>	0:49:41	
24	<input type="checkbox"/> <a href="#">35 Minute Complete Vinyasa Flow Class</a>	0:39:04	
25	<input type="checkbox"/> <a href="#">25 Minute Lunch Break Yoga</a>	0:25:39	
26	<input type="checkbox"/> <a href="#">Yoga Flow with Spine Strength Class</a>	0:57:47	
27	<input type="checkbox"/> <a href="#">Deep Stretch Flow Yoga Class</a>	0:44:20	
28	<input type="checkbox"/> <a href="#">Expansive Flow Yoga Class (live) 60 Min</a>	1:03:14	
29	<input type="checkbox"/> <a href="#">Yoga for Intense Times</a>	0:47:59	
30	<input type="checkbox"/> <a href="#">Planks on the River Yoga Class</a>	0:42:18	

View the Entire 30 Day Traveling Flow Playlist at: [FiveParksYoga.com/challenges/TravelingFlow](https://FiveParksYoga.com/challenges/TravelingFlow)

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