

# New Year's Challenge w/ Five Parks Yoga



Comments / Notes

	Class Name	Length	Comments / Notes
1	<input type="checkbox"/> <a href="#">108 Sun Salutations Yoga Class</a>	2:16:00	
2	<input type="checkbox"/> <a href="#">Slow Flow Yoga: Focus on Transitions</a>	1:02:55	
3	<input type="checkbox"/> <a href="#">Feet &amp; Ankles</a>	12:27	
4	<input type="checkbox"/> <a href="#">Hamstring Deep Stretch Class for Athletes</a>	26:57	
5	<input type="checkbox"/> <a href="#">Twisted Core Yoga Flow</a>	57:30	
6	<input type="checkbox"/> <a href="#">Love for your Legs Yoga Stretch</a>	22:26	
7	<input type="checkbox"/> <a href="#">Full Body Quick Class</a>	11:15	
8	<input type="checkbox"/> <a href="#">Winter's Embrace: Solstice Yoga Flow</a>	45:51	
9	<input type="checkbox"/> <a href="#">Twist &amp; Bind by the Ocean</a>	1:10:14	
10	<input type="checkbox"/> <a href="#">Plank Infused Vinyasa</a>	1:05:44	
11	<input type="checkbox"/> <a href="#">Back Flexibility &amp; Strength</a>	1:00:17	
12	<input type="checkbox"/> <a href="#">Athletes Warm Up &amp; Cool Down Combo</a>	30:20	
13	<input type="checkbox"/> <a href="#">Yoga to Calm Your Nervous System</a>	50:10	
14	<input type="checkbox"/> <a href="#">Gentle Sequence Yoga Class</a>	29:57	
15	<input type="checkbox"/> <a href="#">Everyday Yoga Flow</a>	53:33	
16	<input type="checkbox"/> <a href="#">Spine Strength, Flexibility &amp; Alignment</a>	1:03:42	
17	<input type="checkbox"/> <a href="#">Feel Good Yoga Class</a>	1:07:31	
18	<input type="checkbox"/> <a href="#">Flow &amp; Release: Vin-Yin Fusion</a>	48:21	
19	<input type="checkbox"/> <a href="#">Quick Core Pick Me Up</a>	32:05	
20	<input type="checkbox"/> <a href="#">45 Minute Deep Stretch</a>	44:17	
21	<input type="checkbox"/> <a href="#">Evening Release</a>	20:50	
22	<input type="checkbox"/> <a href="#">Neck &amp; Shoulders: 10 Minute Class</a>	11:42	
23	<input type="checkbox"/> <a href="#">Arm Balances &amp; Inversions</a>	42:19	
24	<input type="checkbox"/> <a href="#">Beach Energy &amp; Strength</a>	56:00	
25	<input type="checkbox"/> <a href="#">Plank: Shoulder Strength &amp; Stretch</a>	55:28	
26	<input type="checkbox"/> <a href="#">Go with the Flow</a>	51:13	
27	<input type="checkbox"/> <a href="#">Complete Your Day the Right Way</a>	28:22	
28	<input type="checkbox"/> <a href="#">Deep Twists &amp; Binds</a>	42:07	
29	<input type="checkbox"/> <a href="#">Take the Time to Move Your Body</a>	24:31	
30	<input type="checkbox"/> <a href="#">Yoga for Strength &amp; Tone</a>	55:29	

View the Entire 30 Day Tour Playlist at: [FiveParksYoga.com/challenges/NewYear](https://FiveParksYoga.com/challenges/NewYear)

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