

Nelly Intense

WWW.NELLYYOGA.COM

SHIFT

December 2020 yoga calendar

#nellySHIFT
#NELLYoga

@NELLY_INTENSE

	שבת	שישי	חמישי	רביעי	שלישי	שני	ראשון
1	Rest Day 		Energy Boost  17 min	Happy Flow  14 min		Mental Focus  16 min	Wake Up  13 min
2	Rest Day 	Stress Relief  15 min	Rest Day	Morning Kiss  16 min	Wake Up  13 min	Hip Opener  17 min	Happy Flow  14 min
3	Rest Day 		Energy Boost  17 min	Happy Flow  14 min	Rest Day	Mental Focus  16 min	Wake Up  13 min
4	Rest Day 	Stress Relief  15 min		Morning Kiss  16 min	Wake Up  13 min	Hip Opener  17 min	Happy Flow  14 min