

The 28-Day Yogaxpress Challenge – Full List of 10-15' Clips with YT Links

1/ 28-Day Yogaxpress Challenge (Yoga Nidra 2020/ Yogic Sleep)

<https://www.youtube.com/watch?v=AjSGn2Gzmsl&t=423s>

2/ 28-Day Yogaxpress Challenge (Breath Works 1: Mornings 5 - 11 am)

<https://www.youtube.com/watch?v=H93Lr9K25Hk&t=410s>

3/ 28-Day Yogaxpress Challenge (Breath Works 2: Afternoons 11 am - 5 pm)

<https://www.youtube.com/watch?v=Qls7y4fBp-8&t=158s>

4/ 28-Day Yogaxpress Challenge (Breath Works 3: Evenings 5 - 11 pm)

<https://www.youtube.com/watch?v=PKowXqAjWXk&t=286s>

5/ 28-Day Yogaxpress Challenge (Yoga Anatomy/ Muscle Groups)

<https://www.youtube.com/watch?v=7nQd8yda9PU&t=555s>

6/ 28-Day Yogaxpress Challenge (Chakras/ Body Systems)

<https://www.youtube.com/watch?v=npU-kkisdBU&t=1s>

7/ 28-Day Yogaxpress Challenge (Nerve Endings/ Nadis)

<https://www.youtube.com/watch?v=fJSuTF63qIM&t=58s>

8/ 28-Day Yogaxpress Challenge (Props 1 - Yoga Mat, Wall)

<https://www.youtube.com/watch?v=6OvzzzgUrY8&t=115s>

9/ 28-Day Yogaxpress Challenge (Props 2 - Cotton Belt, Foam Blocks)

<https://www.youtube.com/watch?v=rxQNLDEXGz0&t=20s>

10/ 28-Day Yogaxpress Challenge (Props 3 - Folding Chair, Yoga Wheel)

<https://www.youtube.com/watch?v=Q3k042UBtGo&t=55s>

11/ 28-Day Yogaxpress Challenge (Standing Warm Ups)

<https://www.youtube.com/watch?v=nZA5fgywV2Q>

12/ 28-Day Yogaxpress Challenge (Seated Warm Ups)

<https://www.youtube.com/watch?v=wUEzzykga2A&t=286s>

13/ 28-Day Yogaxpress Challenge (Prone & Supine Warm Ups)

<https://www.youtube.com/watch?v=H1xLCspK-jE&t=252s>

14/ 28-Day Yogaxpress Challenge (Sun Salutation with Chants)

<https://www.youtube.com/watch?v=hDoJHCh3E3k>

15/ 28-Day Yogaxpress Challenge (Standing Postures 1/ 01-08 from sequence)
<https://www.youtube.com/watch?v=6yO5B8tnWmA&t=177s>

16/ 28-Day Yogaxpress Challenge (Standing Postures 2/ 09-14 from sequence)
<https://www.youtube.com/watch?v=GSi78kyc9QU&t=31s>

17/ 28-Day Yogaxpress Challenge (Standing Postures 3/ 15-19 from sequence)
<https://www.youtube.com/watch?v=4uLBqXwBz7s&t=326s3>

18/ 28-Day Yogaxpress Challenge (Seated Postures 1/ 20-24 from sequence)
<https://www.youtube.com/watch?v=i4EGlQXn5wg&t=221s>

19/ 28-Day Yogaxpress Challenge (Seated Postures 2/ 25-29 from sequence)
<https://www.youtube.com/watch?v=tlfcRkhBCGw&t=421s>

20/ 28-Day Yogaxpress Challenge (Seated Postures 3/ 30-34 from sequence)
<https://www.youtube.com/watch?v=sDgfaqJKeC8&t=32s>

21/ 28-Day Yogaxpress Challenge (Prone Postures: 35-41 from full sequence)
<https://www.youtube.com/watch?v=fUjiFabNpYs&t=3s>

22/ 28-Day Yogaxpress Challenge (Supine Postures: 42-48 from full sequence)
https://www.youtube.com/watch?v=zN2_qL5tlhM&t=342s

23/ 28-Day Yogaxpress Challenge (Back Bends & Chest Openers)
<https://www.youtube.com/watch?v=5P5cUwpw8Pw>

24/ 28-Day Yogaxpress Challenge (Inversions & Forward Folds)
<https://www.youtube.com/watch?v=xGIB4raMPDI&t=221s>

25/ 28-Day Yogaxpress Challenge (Twists & Side Stretches)
<https://www.youtube.com/watch?v=xbbEGuiV8tl&t=28s>

26/ 28-Day Yogaxpress Challenge (Balance & Ab Strengtheners)
<https://www.youtube.com/watch?v=mNaY9O7f1P4&t=4s>

27/ 28-Day Yogaxpress Challenge (Hip Openers & Knee Benders)
<https://www.youtube.com/watch?v=LtnLvVg-ddg&t=284s>

28/ 28-Day Yogaxpress Challenge (Hamstrings & Quads)
<https://www.youtube.com/watch?v=Lts7vw8taT4&t=54s>