PZP Mini Yoga Challenge

Week 3

Beginner	Intermediate+
Flow 1	**Flow 1**
10m Focus Flow: Hips 3/22/23 Aditi	15m Yoga Flow 1/19/23 Kirra
Meditation 1 10m Breathing Meditation 3/14/23 Kristin	
Flow 2	**Flow 2**
20m Yoga Flow 3/19/23 Ross	30m Balanced Yoga Flow 3/17/23 Denis
Meditation 2 10m Acceptance Meditation 3/14/23 Kirra	
Flow 3	**Flow 3**
30m Yoga Flow 3/19/23 Mariana	45m Yoga Flow 1/20/23 Kristin
Meditation 3 10m Relaxing Meditation 3/20/23 Chelsea	
Accelerator Flow	
45m Yoga Flow 9/29/21 Denis	60m Yoga Flow 10/01/22 Mariana

#PowerZonePack
#PZYogis