

Saturday	<p>Core Yoga #1 (45 mins)</p> <p>In this class you will be lead through a flow that incorporates lots of poses designed to strengthen the core. The class is balanced with poses that will lengthen the core muscles, creating long and lean abs that will stabilize and power you through everything you do.</p> <p>Link to class: http://www.queenofquinoa.me/core-yoga</p>
Sunday	<p>Gentle Hatha #2 (30 mins)</p> <p>This class is still dynamic and will stretch and lengthen every muscle in your body from your head to your toes, but it will do so in a gentle, soothing, and relaxing way.</p> <p>Link to class: http://www.queenofquinoa.me/gentle-hatha2</p>
Monday	<p>Yoga Sculpt #2 (30 mins)</p> <p>This class promises to leave you plenty sweaty and feeling like you've gotten the most complete, head-to-toe workout possible. Not only will you tone and sculpt every muscle group, but your stretches will be taken deeper than ever before.</p> <p>Link to class: http://www.queenofquinoa.me/yoga-sculpt2</p>
Tuesday	<p>Heart Opening Flow #1 (45 mins)</p> <p>Most of us spend countless hours each day slouched over a keyboard, and hunched over the wheel of the car while driving. Counter all of this rounding of the upper back by opening and stretching the front line of the body.</p> <p>Link to class: http://www.queenofquinoa.me/heart-opening</p>
Wednesday	<p>Core Yoga #1 (45 mins)</p> <p>Another round of our class from Saturday. Remember, this class is challenging and are classified as power yoga with a kick. You will feel these in your core, but those are good feelings! Our core is our stabilizer and the center of our strength.</p> <p>Link to class: http://www.queenofquinoa.me/core-yoga (This class should already be downloaded from Day #1)</p>

<p>Thursday</p>	<p>Rise & Shine (20 mins) + Yoga Sculpt #1 (20 mins)</p> <p>R&S: Experience the benefits of waking up to yoga as you stretch your body, awaken your mind, and fuel your spirit. You'll feel energized, have amazing mental clarity, and will be ready to flow through your day with ease.</p> <p>YS: A shortened version of our favorite sculpting class. You'll feel the burn, but it's not as long, which is exactly what our body needs today!</p> <p>Link to classes: http://www.queenofquinoa.me/rise-shine & http://www.queenofquinoa.me/yoga-sculpt</p>
<p>Friday</p>	<p>Hip Opening #2 (30 mins)</p> <p>This class is designed to stretch and open your hips, and let go of the built up tightness and tension stored in this area. The result is a more centered, more relaxed and more open you.</p> <p>Link to class: http://www.queenofquinoa.me/hip-opening2</p>

<p>CLASS LIST</p>	<p>Strengthening</p> <ul style="list-style-type: none"> Yoga Sculpt 2 (30 mins) - \$5.99 Yoga Sculpt 1 (20 mins) – FREE Gentle Hatha 2 (30 mins) - \$4.99 Heart Opening Flow 1 (45 mins) - \$5.99 Core Yoga #1 (45 mins) - \$5.99 Hip Opening Flow 2 (30 mins) - \$4.99 Rise & Shine (20 mins) – FREE
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PLEASE NOTE: all classes that you purchase will be available for download, so will be yours to keep forever. This is a one-time only investment, and it's so very worth it. You're body will thank you!