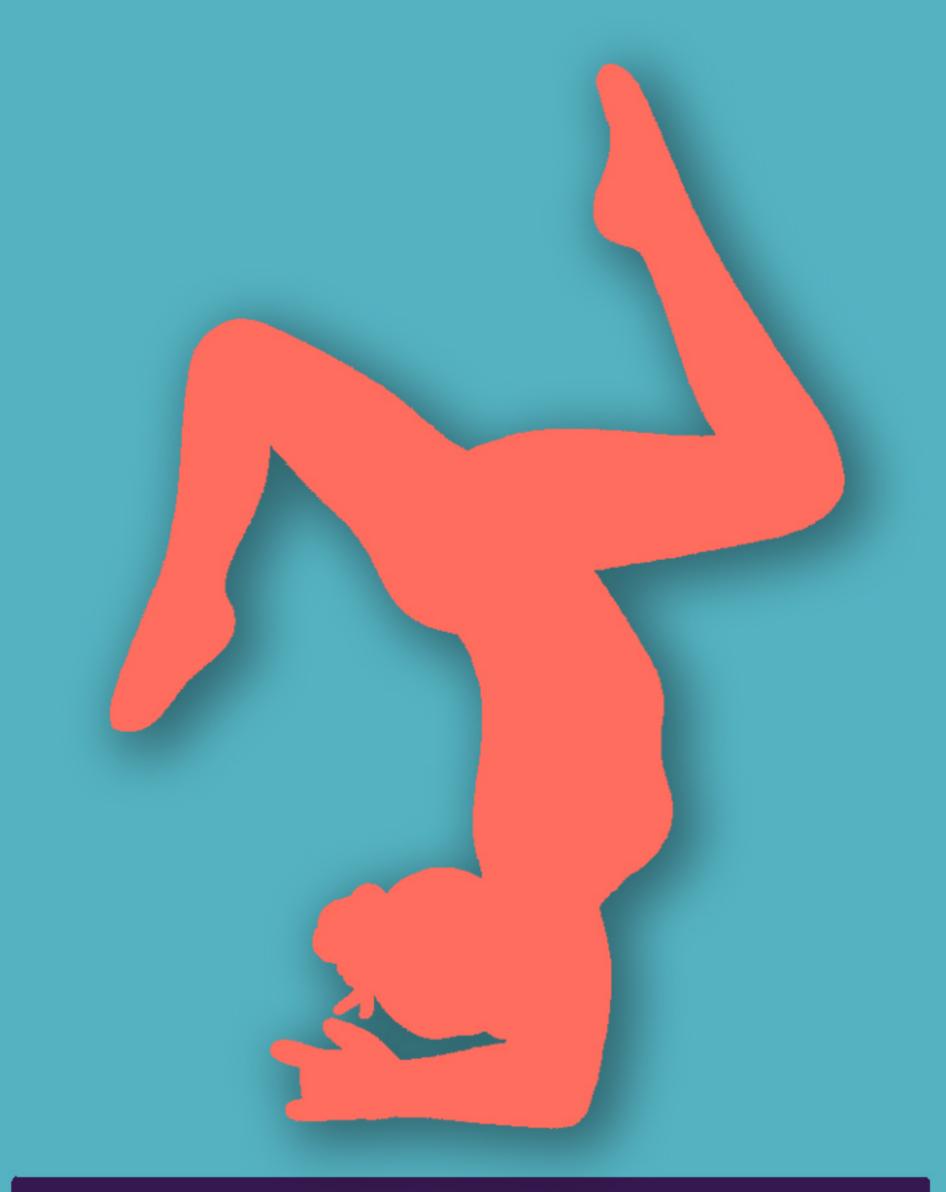
## Progress to Pincha



Pincha Workshop 15 min

Lengthen Those Hamstrings

30 min

Strong

30 min

Spines & Shoulders 30 min

Skills

30 min

Yoga for Strong Arms

25 min

30 min

25 min

Flexy

Flirting With Pincha

Strong

30 min

Morning Shoulder Stretch

10 min

Skills

25 min

Deep Stretch

Flexy

Open Your Upper Back

25 min

25 min

Pincha Masterclass

A Good Old Stretch 30 min

Flexy

Intermediate Yoga for Shoulders

Wrist Free

30 min

Strong

Shoulder Mobility Flow

Not Boring Core

25 min

Flexy

Funk It Up

Pincha: Prepare & Practice

Flow

30 min

Skills

Essential:



Optional:



28 Day Challenge