

Connect

April 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Your body is a Temple Power Vinyasa</u> 21 m	2 <u>Squeeze Squeeze Squeeze the Core Vinyasa Flow</u> 37 m	3 <u>After Travel Heart and Hip Openers</u> 21 m	4 <u>Advanced Standing Vinyasa</u> 38 m
5 <u>Wake up Happy. Gentle Flow</u> 25 m	6 <u>Intro to Power Yoga Day 20</u> 25 m	7 <u>Juicy Yoga for the Hips</u> NEW 44 m	8 <u>Apartment - Friendly. Upper Body. Interval Training</u> 18 m	9 <u>Resolution Day 7 Humble</u> 29 m	10 <u>Love your Tired Legs Slow Flow</u> 28 m	11 <u>At Home Power Vinyasa for Strong Legs</u> 34 m
12 <u>Inner Child Vinyasa</u> 44 m	13 <u>Resolution Day 15 Trust</u> 24 m	14 <u>Stress Eraser HIIT Yoga</u> 25 m NEW	15 <u>Happy Belly. Strong Core Power Vinyasa</u> 27 m	16 <u>Rainy Day. Booy Yoga Fusion Flow</u> 35 m	17 <u>Power Yoga for Strong arms and a Lean Physique</u> 28 m	18 <u>No Wrist No Stress Power Flow</u> 37 m
19 <u>Intro to Power Yoga Day 28</u> 27 m	20 <u>Apartment-Friendly. Core Workout</u> 18 m	21 <u>Root to Rise Yoga for Earth Day.</u> 39 m NEW	22 <u>Resolution Day 19 Connect</u> 26 m	23 <u>Quick Energizing Morning Flow</u> 27 m	24 <u>Hot Coffee in Winter Power Yoga</u> 30 m	25 <u>Slow Flow Yoga for Shoulders and Back</u> 35 m
26 <u>Resolution Day 2 Hope</u> 25 m	27 <u>Low Impact Apartment-Friendly. HIIT for Legs and Glutes</u> 19 m	28 <u>Buns and Guns Power Yoga</u> 35 m NEW	29 <u>Resolution Day 13 Peace</u> 14 m	30 <u>Post Leg Day. Floor Stretches</u> 27 m		