

# Embrace

April 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Heart Opening Vinyasa for Self Compassion</u> 47m	2 <u>Yoga for a Powerful Posterior</u> 39m	3 <u>Slow Flow Vinyasa for Calm Strength</u> 43m
4 <u>Quickie Abs + Arms Interval Yoga Flow</u> 15m	5 <u>Buns + Guns Power Yoga</u> 35m	6 <u>Wrist Free Vinyasa for Balance</u> 37m	7 <u>Build a Booty Power Vinyasa</u> 30m	8 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	9 <u>Yin Yoga for Stress Relief and Relaxation</u> 37m	10 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m
11 <u>Core and Cardio Coffee Cup</u> 43 m	12 <u>Meditation to Move Energy</u> 12m	13 <u>Power Yoga to Embrace who you are</u> NEW 50m	14 <u>Power Vinyasa for Strong arms and Core</u> 43m	15 <u>Resolution Day 24 Believe</u> 17m	16 <u>Standing Vinyasa for Flexibility</u> 38m	17 <u>Fierce and Exuberant Leo the Lion Vinyasa</u> 45m
18 <u>Gratitude Power Yoga Flow</u> 44m	19 <u>Power Yoga Flow for Strong Blood</u> 33m	20 <u>Dirty 30 Birthday Interval Yoga</u> 36m	21 <u>Wrist Free Twisty Vinyasa</u> 32m	22 <u>Root to Rise Yoga for Earth Day</u> 39m	23 <u>HIIT Yoga to Boost the Metabolism</u> 34m	24 <u>Juicy Yoga for the Hips</u> 44m
25 <u>Resolution Day 17 Core Values</u> 32n	26 <u>Your Body is a Temple Power Vinyasa</u> 21m	27 <u>Embrace the Wobbles Interval Yoga</u> NEW 40m	28 <u>Apt Friendly Upper Body Intervals</u> 18m	29 <u>Morning Interval Yoaga for Strong Legs</u> 23 m	30 <u>Bloom into your Best Self Vinyasa</u> 45m	