

Blossom

April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Twists and Elongation Vinyasa</u> 36m	2 <u>Busy Day Heart Opening Flow</u> 25m
3 <u>Creative Interval Infused Yoga Workout</u> 36m	4 <u>Wake up Happy. Gentle Flow</u> 25m	5 <u>Criss Cross Core</u> NEW 33m	6 <u>Espresso Shot Yoga for Legs</u> 26m	7 <u>Upper Body Builder Power Flow</u> 35m	8 <u>HIIT Yoga to Boost the Metabolism</u> 34m	9 <u>Flexibility Flow for Gym-Goers</u> 40m
10 <u>Shoulder Saver Anti-Hunch Vinyasa</u> 43m	11 <u>Busy Day Flow for Ease</u> 31m	12 <u>Upper Body Strength Vinyasa</u> 41m	13 <u>Quicke Abs + Arms Interval Yoga Flow</u> 15m	14 <u>Yoga for a Powerful Posterior</u> 39m	15 <u>Seated Wrist-Free Flow</u> 25m	16 <u>Power Yoga for Strong Arms and a Lean Physique</u> 28m
17 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	18 <u>Quick Energizing Morning Yoga</u> 27m	19 <u>Dancers Vinyasa Fluid Flow</u> NEW 34m	20 <u>Quick Core Power Yoga</u> 28m	21 <u>Beginners Backbend Flow</u> 43m	22 <u>Root to Rise Yoga for Earth Day.</u> 39m	23 <u>Home Yoga Practice for Better Posture</u> 32m
24 <u>Fluid Interval Yoga for Change</u> 54m	25 <u>Busy Day. Fluid Flow</u> 33m	26 <u>Abs of Steel HIIT</u> 19m	27 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	28 <u>Build a Booty. Power Vinyasa</u> 30m	29 <u>Quick Yoga Workout for Upper Body and Core</u> 30m	30 <u>Vinyasa Flow for Hikers</u> 49m