

Rebirth

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Intrinsic Joy</u> <u>Core Power Vinyasa</u> 38m
2 <u>Energy Rising</u> <u>Kundalini Fusion Flow</u> 44m	3 <u>Floor abs</u> <u>on Fire</u> 35m	4 <u>Vinyasa for Posture</u> <u>and Balance</u> NEW 35m	5 <u>Creative Interval</u> <u>Infused Yoga</u> <u>Workout</u> 35m	6 <u>Your Body is a</u> <u>Temple</u> <u>Power Vinyasa</u> 21m	7 <u>Balance Flow for</u> <u>Focus and</u> <u>Clarity</u> 40m	8 <u>Quick Kundalini</u> <u>Krya for</u> <u>Digestion</u> 15m
9 <u>Release Vinyasa</u> <u>Flow for Open</u> <u>Energy Channels</u> 47m	10 <u>Busy Day</u> <u>Heart Opening Flow</u> 25m	11 <u>Power Yoga to</u> <u>Embrace who</u> <u>you Are</u> 50m	12 <u>Intuitive Movement</u> <u>Vinyasa</u> 25m	13 <u>Side Body Strength</u> <u>Power Vinyasa</u> 33m	14 <u>Spring into</u> <u>Spring Power</u> <u>Flow</u> 40m	15 <u>Intermediate</u> <u>Vinyasa to</u> <u>Embody Empathy</u> 40m
16 <u>Yoga Fusion for</u> <u>the Upper Body</u> 38m	17 <u>Busy Day</u> <u>Morning Flow</u> 17m	18 <u>Busy Day Flow</u> <u>for Mobility and</u> <u>Strength</u> NEW 20m	19 <u>New Moon</u> <u>Vinyasa for</u> <u>Receptivity</u> 48m	20 <u>Planks-a-latte</u> <u>Interval Yoga Flow</u> 34m	21 <u>Feel Good Flow</u> <u>for Menstruation</u> 22m	22 <u>Root to Rise</u> <u>Yoga for Earth Day</u> 39m
23 <u>Twists +Elongation</u> <u>Vinyasa</u> 35m	24 <u>Embrace the</u> <u>Wobbles</u> <u>Interval Yoga</u> 40m	25 <u>Happy Belly</u> <u>Strong Core</u> <u>Power Vinyasa</u> 28m	26 <u>Bloom into your</u> <u>Best Self</u> <u>Vinyasa</u> 45m	27 <u>Limited Wrists</u> <u>Nice Twists</u> <u>Vinyasa</u> 38m	28 <u>Core Power Vinyasa</u> <u>Mountain Climbers</u> 36m	29 <u>After Travel</u> <u>Take up Space</u> <u>Vinyasa</u> 30m
30 <u>Fluid Interval Yoga</u> <u>for Change</u> 54m						