

# Persist

August 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Strong and Centered I am Safe</u> 30 m
2 <u>Speedy Sweaty Upper Body Vinyasa</u> 23 m	3 <u>Posture Strength and Stretch Vinyasa Flow</u> 38 m	4 <u>Hot Fire Flames Desert Interval Yoga for Legs</u> 24 m	5 <u>Post Leg Day Floor Stretches</u> 27 m	6 <u>Resolution Day 6 Brave</u> 23 m	7 <u>Fit Friday on Instagram or Yoga Workout for Office Workers</u> 25 m	8 <u>Wake up and Roar Powerful Morning Flow</u> 34 m
9 <u>Power Yoga for Strong Arms and a Lean Physique</u> 28m	10 <u>Wring out all your Worries Twisty Vinyasa</u> 36 m	11 <u>Travel Yoga for Strong Legs</u> 23 m	12 <u>Home Yoga Practice for Better Posture</u> 32 m	13 <u>Resolution Day 26 Balance</u> 31 m	14 <u>Fit Friday on Instagram or Build a Booty Power Vinyasa</u> 30m	15 <u>Juicy yoga for the Hips</u> 44m
16 <u>Buns and Guns Power Yoga</u> 35 m	17 <u>Wrist Free Twisty Vinyasa</u> 32 m	18 <u>New Moon Vinyasa for Receptivity</u> 48 m	19 <u>Gentle Yoga for Strength and Stability</u> 37 m	20 <u>Resolution Day 22 Dream</u> 30 m	21 <u>Fit Friday on Instagram or Hot Hot Heat Morning Flow</u> 14 m	22 <u>Core Power Punch</u> 26 m
23 <u>Power of the Side Plank Vinyasa</u> 30 m	24 <u>Holiday Cardio Power Yoga</u> 38 m	25 <u>Empowered Goddess Flow for Women's Equality Day</u> 44 m	26 <u>Strong like a Warrior Vinyasa Flow</u> 43 m	27 <u>Resolution Day 19 Connect</u> 26 m	28 <u>Fit Friday on Instagram or Mardi Gras Calorie Burn off Power Yoga</u> 30 m	29 <u>Gratitude Power Yoga Flow</u> 44 m
30 <u>Power Vinyasa for Strong arms and Core</u> 43 m	31 <u>Your Body is a Temple Power Vinyasa</u> 21m					