

Alchemize

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Double Espresso Shot Yoga for Obliques</u> 31m	2 <u>Busy Day Fluid Flow</u> 33m	3 <u>Slow Flow Summertime Yoga for Flexibility.</u> 40m	4 <u>Balancing Core Interval Yoga</u> 41m	5 <u>Twists and Elongation Vinyasa</u> 36m	6 <u>Heart Centered Vinyasa for Gratitude</u> 41m
7 <u>Sacral Chakra Kundalini Fusion</u> 25m	8 <u>Energizing Morning Yoga Flow</u> 25m	9 <u>Side Plank Prep Vinyasa 2</u> NEW 38m	10 <u>Busy Day Heart Opening Flow</u> 25m	11 <u>Twisting Coffee Cup Interval Infused Yoga Workout</u> 36m	12 <u>Juicy Yoga for the Hips</u> 44m	13 <u>Embrace the Wobbles Interval Yoga</u> 40m
14 <u>Vinyasa Flow to Tune into the the 3rd Eye</u> 49m	15 <u>Yin Yoga for Stress Relief and Relaxation</u> 37m	16 <u>Floor Yoga for Energy and Strength</u> 40m	17 <u>Shoulder Saver Anti-Hunch Vinyasa</u> 43m	18 <u>Yoga for Work/Life Balance</u> 37m	19 <u>Side Body Crunch Vinyasa Flow</u> 32m	20 <u>Energy Rising Kundalini Fusion Flow</u> 44m
21 <u>Fluid Interval Yoga for Change</u> 54m	22 <u>Yoga Fusion for the Upper Body.</u> 38m	23 <u>Virgo Season Vinyasa</u> NEW 34m	24 <u>Home Yoga Practice for Better Posture</u> 32m	25 <u>Wrist Free Vinyasa for Balance</u> 37m	26 <u>Happy Belly Strong Core Power Vinyasa</u> 28m	27 <u>Heart Opening Vinyasa for Self Compassion</u> 47m
28 <u>Seated Wrist Free Flow for the Sacral Chakra</u> 25m	29 <u>Espresso Shot Yoga for Legs</u> 26m	30 <u>Morning Full Body Awakening</u> 22m	31 <u>Dancers Vinyasa Fluid Flow</u> 34m			