

Balance

August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Shoulder and Core Strength Vinyasa</u> 34m	2 <u>Wrist Lite Vinyasa for Posture</u> 39m	3 <u>Dancers Vinyasa Fluid Flow</u> 34m	4 <u>Yoga for a Powerful Posterior</u> 39m	5 <u>Bikini Body Power Vinyasa</u> 28m
6 <u>Release Vinyasa Flow</u> 47m	7 <u>Busy Day Flow for Mobility and Strength</u> 20m	8 <u>Strong. Foundations Power Vinyasa</u> NEW 31m	9 <u>Sacral Chakra Kundalini Fusion</u> 25m	10 <u>Side Body Strength Power Vinyasa</u> 33m	11 <u>Slow Flow Summertime Yoga for Flexibility.</u> 40m	12 <u>Balancing Core Interval Yoga</u> 41m
13 <u>Creative Interval Infused Yoga Workout</u> 36m	14 <u>Summer Lovin' Booty + Arms Interval yoga</u> 42m	15 <u>Juicy Yoga for the Hips</u> 44m	16 <u>Earth Strength Power Vinyasa</u> 33m	17 <u>Standing Vinyasa for Flexibility.</u> 38m	18 <u>Embrace the Wobbles Interval Yoga</u> 40m	19 <u>Twisting Core + Cardio Interval Yoga</u> 39m
20 <u>Twists + Elongation Vinyasa</u> 36m	21 <u>Intrinsic Joy - Core Power Vinyasa</u> 38m	22 <u>Swooshing Vinyasa for Morning Flexibility.</u> NEW 20m	23 <u>Balance Flow for Focus and Clarity.</u> 39m	24 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	25 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	26 <u>Fluid Intervals Power Yoga for Strength</u> 39m
27 <u>Wrist Free Vinyasa for Balance</u> 37m	28 <u>Busy Day Morning Flow</u> 17m	29 <u>Vinyasa for Strong Hammies</u> 44m	30 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	31 <u>Slow Flow Vinyasa for Immune Support</u> 45m		