

# Ascend

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Awaken the Glutes Power Flow</u> 45m	2 <u>Flowy Vinyasa for Flexibility</u> 33m	3 <u>Side Booty Balance Power Vinyasa</u> 39m
4 <u>Release Vinyasa Flow for Open Energy Channels</u> 47m	5 <u>Peach Perfect Interval Yoga</u> 42m	6 <u>Upper Body Interval Yoga</u> NEW 44m	7 <u>Side Plank Prep Vinyasa 2</u> 38m	8 <u>Awaken the Core Vinyasa</u> 32m	9 <u>Earth Strength Power Vinyasa</u> 33m	10 <u>Juicy Yoga for Balance and Release</u> 36m
11 <u>Journey to Chaturango</u> 42m	12 <u>Summer Lovin' Booty and Arms Interval Yoga</u> 42m	13 <u>Swooshing Vinyasa for Morning Flexibility</u> 19m	14 <u>Yoga Fusion for Upper Body</u> 38m	15 <u>Waist Trimmer Twisty Power Yoga</u> 34m	16 <u>Fluid Intervals Power Yoga for Strength</u> 39m	17 <u>Interval Yoga to Stretch toward your Dreams</u> 38m
18 <u>Backbendy Flow for Pitta Balancing</u> 51m	19 <u>Busy Day Fluid Flow</u> 33m	20 <u>Twisty Cardio Interval Yoga</u> NEW 36m	21 <u>Espresso Shot Yoga for Legs</u> 26m	22 <u>Energy Rising Kundalini Fusion Flow</u> 44m	23 <u>Bikini Body Power Vinyasa</u> 30m	24 <u>Vinyasa Flow to Tune into the Third Eye</u> 49m
25 <u>Lean Legs Booty Builder Sweaty Mess</u> 54m	26 <u>Shoulder and Core Strength Builder Vinyasa</u> 34m	27 <u>Wrist-Lite Vinyasa for Posture</u> 39m	28 <u>Twisty Full Body Power Punch</u> 31m	29 <u>Power. Yoga to Embrace who You Are</u> 50m	30 <u>Burn Booty Burn Interval Yoga Flow</u> 37m	31 <u>Fluid Interval Yoga for Change</u> 54m