

Renew

December 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Straight Core Interval Yoga Flow</u> 16 m	2 <u>Morning Full Body Awakening Flow</u> 22 m	3 <u>Resolution Day 19 Connect</u> 26 m	4 <u>Fit Friday or Wrist Free Flow for Better Posture</u> 34 m	5 <u>Buns and Guns Power Yoga</u> 35 m
6 <u>Juicy Yoga for the Hips</u> 44m	7 <u>Quick Energizing Morning Flow</u> 27 m	8 <u>Quickie Abs +Arms Interval Yoga Flow</u> 15 m	9 <u>Rainy Day Booty Yoga Fusion Flow</u> 35 m	10 <u>Resolution Day 27 Release</u> 30m	11 <u>Fit Friday or Holiday Cardio Power Yoga</u> 38 m	12 <u>Slow Flow Vinyasa for Calm Strength</u> 43 m
13 <u>Wrist Free Vinyasa for Balance</u> 37 m	14 <u>New Moon Vinyasa Flow for Receptivity</u> 48m	15 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	16 <u>Your Body is a Temple Power Vinyasa</u> 21m	17 <u>Resolution Day 13 Peace</u> 14m	18 <u>Fit Friday or Core Power Vinyasa Mtn Climber Edition</u> 36m	19 <u>Heart Opening Vinyasa for Self Compassion</u> 47 m
20 <u>Shoulder Saver Anti-Hunch Vinyasa Yoga</u> 43 m	21 <u>Hot Coffee in Winter Power Yoga</u> 30 m	22 <u>Intuitive Movement Vinyasa- Mediation Pyramid</u> 25 m	23 <u>Morning Interval Yoga for Strong Legs</u> 23 m	24 <u>Resolution Day 10 Ground</u> 31 m	25 <u>Fit Friday or Core Power Punch</u> 26 m	26 <u>Heart Centered Vinyasa for Gratitude</u> 41 m
27 <u>Yin Yoga for Stress Relief and Relaxation</u> 37 m	28 <u>Stress Eraser HIIT Yoga</u> 25 m	29 <u>Meditation to Move Energy</u> 11 m	30 <u>Go with the Flow Power Vinyasa</u> 28 m	31 <u>Resolution Day 25 Grateful</u> 31m		