

# Inspire

December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Vinyasa for Strong Hammies</u> 44m	2 <u>Core Gratitude Progressive Vinyasa</u> 38m	3 <u>Yoga Fusion for the Upper Body.</u> 38m
4 <u>Dancers Vinyasa Flow</u> 34m	5 <u>Yoga for Better Posture</u> 32m	6 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	7 <u>Go with the Flow Fluid Vinyasa</u> 28m	8 <u>Strong like a Warrior Vinyasa</u> 43m	9 <u>Twists + Elongation Vinyasa</u> 36m	10 <u>Side Plank Prep Vinyasa Flow</u> 38m
11 <u>Power Yoga to Embrace who you are</u> 50m	12 <u>Intrinsic Joy Core Power Vinyasa</u> 38m	13 <u>Release Vinyasa Flow</u> NEW 47m	14 <u>Yin Yoga for Stress Relief</u> 37m	15 <u>Double Espresso Shot Yoga</u> 31m	16 <u>Wrist Free Twisty Vinyasa</u> 32m	17 <u>Vinyasa to Embody Empathy.</u> 40m
18 <u>Side Body Cinch Vinyasa</u> 32m	19 <u>Busy Day Heart Opening Flow</u> 25m	20 <u>Stress Eraser HIIT Yoga</u> 25m	21 <u>Planks-a-Latte Power Flow</u> 30m	22 <u>Seated Wrist Free Flow for the Sacral Chakra</u> 25m	23 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	24 <u>Straight Core Interval Yoga</u> 16m
25 <u>Lunch Break Power Yoga</u> 15m	26 <u>Yin Yoga for an Open Heart</u> 32m	27 <u>Fluid Power Yoga for Strength and Flexibility.</u> NEW 39m	28 <u>Twisting Coffee Cup Yoga</u> 36m	29 <u>Morning Full Body Awakening Flow</u> 22m	30 <u>Warrior II Lower Body Strength Interval Yoga</u> 37m	31 <u>Busy Day Morning Flow</u> 18m