

Secure

December 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------|
| | | | | | 1 <u>Sayulita - Heating Strength and Mobility Interval Yoga</u> 27m | 2 <u>Side Booty Balance Power Vinyasa</u> 38m |
| 3 <u>Bikini Body Power Vinyasa</u> 28m | 4 <u>Earth Strength Power Vinyasa</u> 33m | 5 <u>Vinyasa flow for Kapha Balancing</u> NEW 28m | 6 <u>Upper Body Strength Vinyasa Flow</u> 41m | 7 <u>Strong Foundations Vinyasa Flow</u> 31m | 8 <u>Twisty Core and Cardio Interval Yoga</u> 39m | 9 <u>Home Yoga for Better Posture</u> 32m |
| 10 <u>Swooshing Vinyasa for Morning Flexibility</u> 20m | 11 <u>Warrior II - Lower Body Strengthening Interval Yoga</u> 37m | 12 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m | 13 <u>Shoulder and Core Strength Builder Vinyasa</u> 34m | 14 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m | 15 <u>Espresso Shot Yoga for Legs</u> 26m | 16 <u>Criss Cross Core Interval Yoga</u> 33m |
| 17 <u>Slow Flow Vinyasa for Immune Support</u> 45m | 18 <u>Side Plank Prep Vinyasa Flow</u> 38m | 19 <u>Interval Yoga for Kapha Dosha</u> NEW 33m | 20 <u>Intrinsic Joy- Core Power Vinyasa</u> 38m | 21 <u>Power Yoga for the Sacral Chakra</u> 43m | 22 <u>Floor Yoga for Energy and Strength</u> 40m | 23 <u>Buns and Guns Power Yoga</u> 35m |
| 24 <u>Quick Core Power Yoga</u> 28m | 25 <u>Busy Day Flow for Mobility and Strength</u> 20m | 26 <u>Power Yoga Flow for Strong Blood and Circulation</u> 32m | 27 <u>Standing Vinyasa for Flexibility</u> 38m | 28 <u>Wrist Free Vinyasa for Balance</u> 37m | 29 <u>Yoga for a Powerful Posterior</u> 39m | 30 <u>Resolution Day 8 Roots</u> 18m |
| 31 <u>Busy Day Fluid Flow</u> 33m | | | | | | |