

Embaldened

February 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>HIIT Yoga to Boost the Metabolism</u> 34 m	2 <u>Power Vinyasa for Obliques and Booty.</u> 44 m	3 <u>Intuitive Movement Vinyasa</u> 25 m	4 <u>Side Body Cinch Vinyasa Flow</u> 32 m	5 <u>Fit Friday.</u> or <u>Build a Booty. Power Vinyasa</u> 30 m	6 <u>Fierce and Exuberant Leo the Lion Flow</u> 45 m
7 <u>Flexibility Flow for Gym Goers</u> 40 m	8 <u>Stress Eraser HIIT Yoga</u> 25 m	9 <u>Yoga for a Powerful Posterior</u> 39 m NEW	10 <u>Quickie Abs and Arms Interval Yoga</u> 15 m	11 <u>New Moon Vinyasa for Receptivity</u> 48 m	12 <u>Fit Friday.</u> or <u>Espresso Shot Power Yoga for Rainy Days</u> 30 m	13 <u>Strong like Bamboo Power Vinyasa</u> 27 m
14 <u>Heart Centered Vinyasa for Gratitude and Joy.</u> 41 m	15 <u>Abs of Steel HIIT</u> 19 m	16 <u>Wring out all your Worries Twisty Vinyasa</u> 36 m	17 <u>Testing the Balance Vinyasa Flow</u> 35 m	18 <u>Hot Coffee in Winter Power Yoga</u> 30 m	19 <u>Fit Friday.</u> or <u>Core and Posture Slow Flow</u> 45 m	20 <u>Generate Heat Bouncy Power Vinyasa</u> 32 m
21 <u>Love your Tired Legs Slow Flow</u> 28 m	22 <u>Straight Core Interval Yoga</u> 16 m	23 <u>Energy Rising Kundalini Fusion Flow</u> 44 m NEW	24 <u>Speedy Sweaty Upper Body Vinyasa</u> 23 m	25 <u>Heart Opening Vinyasa for Self Compassion</u> 47 m	26 <u>Fit Friday.</u> or <u>Rainy Day Core Power Yoga</u> 38 m	27 <u>Empowered Goddess Vinyasa Flow</u> 44 m
28 <u>Slow Flow Vinyasa For Calm Strength</u> 43 m						