

Feel

February 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Busy Day Flow for Ease</u> NEW 31m	2 <u>Wring out all your Worries Vinyasa</u> 36m	3 <u>Gratitude Power Yoga Flow</u> 44m	4 <u>Yoga Inspired HIIT</u> 16m	5 <u>Intuitive Movement Vinyasa</u> 25m
6 <u>Heart Centered Vinyasa for Gratitude</u> 41m	7 <u>Stress Eraser HIIT Yoga</u> 25m	8 <u>Power of the Side Plank Vinyasa Flow</u> 30m	9 <u>Intermediate Vinyasa to Embody Empathy</u> 40m	10 <u>15 Min Apartment Friendly Full Body HIIT</u> 18m	11 <u>Juicy Yoga for the Hips</u> 44m	12 <u>Open Heart Open Mind Valentine's Yoga</u> 30m
13 <u>Testing the Balance Vinyasa</u> 35m	14 <u>Busy Day Heart Opening Flow</u> 25m	15 <u>Quick Kundalini Kriya for Better Digestion</u> NEW 15m	16 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	17 <u>Beginner Backbends Flow</u> 43m	18 <u>Bloom into your Best Self</u> 45m	19 <u>Yin Yoga for and Open Heart and Better Posture</u> 32m
20 <u>Wake up Happy Gentle Flow</u> 25m	21 <u>Morning Full Body Awakening Flow</u> 22m	22 <u>Standing Fluidity Flow in the Rain</u> 25m	23 <u>Level 1+2 Yoga for Strength and Length</u> 35m	24 <u>After Travel Heart and Hip Opener</u> 21m	25 <u>Abs of Steel HIIT</u> 19m	26 <u>Heart Opening Vinyasa for Self-Compassion</u> 47m
27 <u>Power Yoga to Embrace Who You Are</u> 50m	28 <u>Inner Child Vinyasa</u> 44m					