

Love

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Release Vinyasa Flow for Open Energy Channels</u> 47m	2 <u>Lunch Break Power Yoga</u> 15m	3 <u>Hot Coffee in Winter Power Yoga</u> 30m	4 <u>Shoulder Saver Anti-Hunch Vinyasa</u> 43m
5 <u>Core Gratitude Progressive Vinyasa</u> 38m	6 <u>Gentle Yoga for Strength and Stability</u> 37m	7 <u>Side Body Strength Power Vinyasa</u> NEW 33m	8 <u>Dancers Vinyasa Flow</u> 34m	9 <u>Wrist Free Twisty Vinyasa</u> 32m	10 <u>Slow Flow Yoga for Shoulders and Back</u> 35m	11 <u>Power Yoga to Embrace who You Are</u> 50-m
12 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m	13 <u>Open Heart Open Mind Valentine's Flow</u> 30m	14 <u>Busy Day Heart Opening Flow</u> 25m	15 <u>Resolution-Day 20 Love</u> 29m	16 <u>Home Yoga for Better Posture</u> 32m	17 <u>Feel Good Flow for Menstruation</u> 22m	18 <u>Blissful Upper Back Release</u> 52m
19 <u>Energy Rising Kundalini Fusion Flow</u> 44m	20 <u>Side Body Cinch Vinyasa Flow</u> 32m	21 <u>Balance Flow for Focus and Clarity</u> NEW 39m	22 <u>Criss Cross Core Interval Yoga</u> 33m	23 <u>Heart Opening Vinyasa for Self Compassion</u> 47m	24 <u>Stress Eraser HIIT Yoga</u> 25m	25 <u>Beginner Backbends Vinyasa Flow</u> 43m
26 <u>Wrist Free Flow for Better Posture</u> 34m	27 <u>Your Body is a Temple Power Vinyasa</u> 21m	28 <u>Posture Strength and Stretch Vinyasa</u> 38m				