

# Bud

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Sayulita - Heating Strength and Mobility Interval Yoga</u> 27m	2 <u>Interval Yoga for Kapha</u> 33m	3 <u>Busy Day Morning Flow</u> 18m
4 <u>Side Booty Balance Power Vinyasa</u> 39m	5 <u>Dancers Vinyasa Fluid Flow</u> 34m	6 <u>Interval Yoga for Rock Hard Abs</u> NEW 40m	7 <u>Power Yoga to Embrace Who You Are</u> 50m	8 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	9 <u>Balance Flow for Focus and Clarity</u> 39m	10 <u>Journey to Chaturanga</u> 40m
11 <u>Earth Strength Power Vinyasa</u> 33m	12 <u>Core Gratitude - Progressive Vinyasa Flow</u> 38m	13 <u>Build a Booty Power Vinyasa</u> 30m	14 <u>Open Heart Open Mind Valentine's Yoga Flow</u> 30m	15 <u>Quick Pick Me Up Power Yoga Flow</u> 29m	16 <u>Busy Day Heart Opening Flow</u> 25m	17 <u>Espresso Shot Yoga for Abs</u> 34m
18 <u>Balancing Core Interval Yoga</u> 41m	19 <u>Fluid Intervals Power Yoga for Strength and Flexibility</u> 39m	20 <u>Burn Booty Burn Interval Yoga Flow</u> NEW 40m	21 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m	22 <u>Embrace the Wobbles Interval Yoga</u> 40m	23 <u>Heart Opening Vinyasa for Self Compassion</u> 47m	24 <u>Shoulders and Core Strength Builder Vinyasa</u> 34m
25 <u>Strong Foundations Vinyasa Flow</u> 31m	26 <u>Vinyasa Flow for Kapha Balancing</u> 28m	27 <u>Shoulder Saver Anti Hunch Vinyasa Yoga for Posture</u> 43m	28 <u>Planks-a-latte! - Interval Yoga Flow</u> 34m	29 <u>Vinyasa for Posture and Balance</u> 35m		