

Empowered

January 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Fit Friday</u> or <u>Intro to Power Yoga</u> <u>Day 1</u> 21 m	2 <u>HIIT for New</u> <u>Beginnings</u> 21m
3 <u>Standing Vinyasa</u> <u>for Flexibility.</u> 39 m	4 <u>Energizing Morning</u> <u>Yoga Flow</u> w/ <u>Surya Bedhana</u> 25 m	5 <u>One Hour</u> <u>Sweaty Mess</u> <u>Power Yoga Flow</u> 58 m	6 <u>Wrist Free</u> <u>Twisty Vinyasa</u> 32 m	7 <u>Resolution</u> <u>Day 17</u> <u>Core Values</u> 32 m	8 <u>Fit Friday</u> or <u>At Home Power</u> <u>Vinyasa for Strong Legs</u> 35 m	9 <u>Upper Body Builder</u> <u>Power Flow</u> 35 m
10 <u>Strong like a Warrior</u> <u>Vinyasa Flow</u> 43 m	11 <u>Morning Interval Yoga</u> <u>for Strong Legs</u> 23 m	12 <u>Power Yoga for</u> <u>Strong Arms and a</u> <u>Lean Physique</u> 28 m	13 <u>New Moon Vinyasa</u> <u>Flow for Receptivity.</u> 48m	14 <u>Resolution</u> <u>Day 20</u> <u>Love</u> 29 m	15 <u>Fit Friday</u> or <u>After Work Power</u> <u>Yoga Flow w/ CBD</u> 29 m	16 <u>Full Body</u> <u>Power Punch Yoga</u> 39 m
17 <u>Gratitude Power</u> <u>Yoga Flow</u> 44 m	18 <u>Morning Full Body</u> <u>Awakening Flow</u> 22 m	19 <u>Build a Booty.</u> <u>Power Vinyasa</u> 30 m	20 <u>Intuitive Movement</u> <u>Vinyasa</u> 25 m	21 <u>Resolution</u> <u>Day 22</u> <u>Dream</u> 30 m	22 <u>Fit Friday</u> or <u>Hot Coffee in</u> <u>Winter Power Yoga</u> 30 m	23 <u>Advanced Standing</u> <u>Vinyasa</u> 38 m
24 <u>Heart Centered</u> <u>Vinyasa for Gratitude</u> 41 m	25 <u>Quick Energizing</u> <u>Morning Yoga Flow</u> 27 m	26 <u>Tone and Tighten</u> <u>Vinyasa Flow</u> 38 m	27 <u>Home Yoga Practice</u> <u>for Better Posture</u> 32 m	28 <u>Resolution</u> <u>Day 26</u> <u>Balance</u> 31 m	29 <u>HIIT Yoga to Boost</u> <u>the Metabolism</u> 34 m	30 <u>Core + Cardio</u> <u>Coffee Cup</u> 43 m
31 <u>Yin Yoga for Stress</u> <u>Relief and Relaxation</u> 37 m						