

Center

January 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Intro to Power Yoga Day 1</u> 21m
2 <u>Strong and Centered I am Safe</u> 30m	3 <u>Strong and Centered I am Rooted but I Flow</u> 31m	4 <u>Strong and Centered I am Centered, Secure and Strong</u> 25m	5 <u>Strong and Centered I Practice Self-Compassion</u> 28m	6 <u>Strong and Centered What I need is always provided</u> 26m	7 <u>Strong and Centered I release any doubts and fears</u> 32m	8 <u>Strong and Centered The Universe loves and supports me</u> 30m
9 <u>Corevember Espresso Shot Abs</u> 23m	10 <u>Heart Centered Vinyasa for Gratitude</u> 41m	11 <u>Root to Rise Yoga for Earth Day</u> 39m	12 <u>Tone and Tighten Vinyasa Flow</u> 38m	13 <u>Quick Yoga workout for Upper Body and Core</u> 30m	14 <u>Wrist Free Twisty Vinyasa</u> 32m	15 <u>Rainy Day Core Power Yoga</u> 39m
16 <u>Power Yoga for the Sacral Chakra</u> 43m	17 <u>Espresso Shot Yoga for Abs</u> 34m	18 <u>After Travel Heart and Hip Opener</u> 21m	19 <u>Espresso Shot Yoga for Legs</u> 26m	20 <u>Upper Body and Core Vinyasa Flow</u> 35m	21 <u>Yoga for Work Life Balance</u> 37m	22 <u>Abs of Steel HIIT</u> 19m
23 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	24 <u>Quickie Abs and Arms Interval Yoga</u> 15m	25 <u>Gentle Yoga for Strength and Stability.</u> 37m	26 <u>Quick Core Power Yoga</u> 28m	27 <u>After Travel Take up Space Vinyasa Flow</u> 30m	28 <u>Core and Posture Slow Flow</u> 45m	29 <u>Power Yoga to Embrace who You Are</u> 50m
30 <u>Side Body Cinch Vinyasa</u> 32m	31 <u>Posture Strength and Stretch Vinyasa</u> 37m					