

Motivation

January 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|---|---|
| 1 <u>Release Vinyasa Flow for Open Energy.</u> 47m | 2 <u>Double Espresso Shot for Obliques and Hips</u> 31m | 3 <u>Dancers Vinyasa Fluid Flow</u> 35m | 4 <u>Interval Yoga to Stretch toward your Dreams</u> 38m | 5 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m | 6 <u>Yoga Fusion for the Upper Body.</u> 38m | 7 <u>Core + Posture Slow Flow</u> 45m |
| 8 <u>After Travel Take up Space Vinyasa Flow</u> 30m | 9 <u>Warrior II Inteval Yoga</u> 37m | 10 <u>Floor Abs on Fire</u> NEW 35m | 11 <u>Seated Wrist Free Flow for the Sacral Chakra</u> 25m | 12 <u>Go with the Flow Fluid Vinyasa</u> 28m | 13 <u>Balancing Core Interval Yoga</u> 41m | 14 <u>Hot Coffee in Winter Power Yoga</u> 30m |
| 15 <u>Creative Interval Infused Yoga Workout</u> 36m | 16 <u>Empowered Goddess Vinyasa Flow</u> 44m | 17 <u>Core Gratitude Progressive Vinyasa Flow</u> 38m | 18 <u>Lunch Break Power Yoga</u> 15m | 19 <u>Floor Yoga for Energy + Strength BoF</u> 40m | 20 <u>Posture + Posterior Chain Workout</u> 28m | 21 <u>Virgo Season Vinyasa</u> 34m |
| 22 <u>Holiday Cardio Power Yoga</u> 38m | 23 <u>Fluid Intervals for Strength + Flexibility.</u> 40m | 24 <u>Plank Abs Workout</u> NEW 12m | 25 <u>Busy Day Flow for Ease</u> 31m | 26 <u>Build a Booty. Power Vinyasa</u> 30m | 27 <u>After Travel Heart + Hip Opener</u> 21m | 28 <u>Rainy Day. Core Power Yoga</u> 38m |
| 29 <u>Wake up + Roar Powerful Morning Flow</u> 34m | 30 <u>Busy Day Morning Flow</u> 18m | 31 <u>Intrinsic Joy. Core Power Vinyasa</u> 38m | | | | |