

Novelty

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Earth Strength Power Vinyasa</u> 33m	2 <u>Side Booty Balance Power Vinyasa</u> 39m	3 <u>Twisty Core + Cardio Interval Yoga</u> 39m	4 <u>Busy Day Flow for Ease</u> 31m	5 <u>Yoga Fusion for Upper Body</u> 38m	6 <u>HIIT Yoga to Boost the Metabolism</u> 31m
7 <u>Interval Yoga for Kapha Balancing</u> 28m	8 <u>Vinyasa for Strong Hammies</u> 44m	9 <u>Journey to Chaturanga</u> NEW 42m	10 <u>Strong Foundations Vinyasa Flow</u> 31m	11 <u>Let it Be as it Is Pitta Balancing Vinyasa</u> 39m	12 <u>Wrist Lite Vinyasa for Posture</u> 39m	13 <u>Heart Opening Vinyasa for Self Compassion</u> 47m
14 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	15 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	16 <u>Quick Energizing Morning Yoga</u> 27m	17 <u>Fluid Intervals Power Yoga</u> 39m	18 <u>Sacral Chakra Kundalini Fusion Flow</u> 25m	19 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	20 <u>Intermediate Vinyasa to Embody Empathy</u> 40m
21 <u>Release Vinyasa Flow for Open Energy Channels</u> 47m	22 <u>Empowered Goddess Vinyasa Flow</u> 44m	23 <u>Quick Pick me Up Power Yoga</u> NEW 29m	24 <u>Fluid Interval Yoga for Change</u> 54m	25 <u>Side Body Strength Power Vinyasa</u> 33m	26 <u>Twists and Elongation Vinyasa</u> 36m	27 <u>Wrist Free Sweaty Mess Power Yoga Flow</u> 33m
28 <u>Double Espresso Shot yoga for Obliques</u> 31m	29 <u>Intuitive Movement Vinyasa</u> 25m	30 <u>Testing the Balance Vinyasa Flow</u> 35m	31 <u>Creative Interval Infused Yoga Workout</u> 36m			