

Empathize

July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Embrace the Wobbles</u> Interval Yoga 40m	2 <u>Yin Yoga for Stress Relief and Relaxation</u> 37m	3 <u>Empowered Goddess Vinyasa</u> 44m
4 <u>Quickie Abs and Arms</u> Interval Yoga 15m	5 <u>Build a Booty</u> Power Vinyasa 30m	6 <u>Beginner Backbend Flow</u> NEW 43m	7 <u>Resolution Day 12</u> Joy 25m	8 <u>Too Hot to Function</u> Vinyasa 39m	9 <u>New Moon Vinyasa Flow</u> 48m	10 <u>Heart Centered Vinyasa for Gratitude</u> 41m
11 <u>Heart=Opening Vinyasa for Self-Compassion</u> 47m	12 <u>Your Body is a Temple</u> Power Vinyasa 21m	13 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	14 <u>Gratitude Power Yoga Flow</u> 44m	15 <u>Yoga Workout for Office Workers</u> 25m	16 <u>Apt Friendly Full Body Intervals</u> 17m	17 <u>Energy Rising Kundalini Fusion Flow</u> 44m
18 <u>Wake up Happy Gentle Flow</u> 25m	19 <u>Creative Interval Infused Yoga Workout</u> 36m	20 <u>Intermediate Vinyasa to Embody Empathy</u> NEW 40m	21 <u>Love your Tired Legs Slow Flow</u> 28m	22 <u>Leo the Lion Vinyasa Flow</u> 45m	23 <u>Yoga for Work/Life Balance</u> 37m	24 <u>Inner Child Vinyasa</u> 44m
25 <u>Generate Heat Bouncy Power Vinyasa</u> 32m	26 <u>Yin Yoga for an Open Heart and Better Posture</u> 32m	27 <u>Floor Yoga for Energy and Strength</u> 40m	28 <u>Power Yoga flow for Strong Blood + Circulation</u> 32m	29 <u>Wrist Free Vinyasa for Balance</u> 37m	30 <u>Power Yoga to Embrace who You Are</u> 50m	31 <u>After Travel Heart and Hip Opener</u> 21m