

Envision

June 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Resolution Day 1</u> <u>New</u> 30m	2 <u>Desert Burro Horse Stance</u> <u>Power Vinyasa</u> 21m	3 <u>Slow Flow Summertime Yoga</u> <u>for Flexibility.</u> 40m	4 <u>Wrist Free Sweaty Mess</u> <u>Power Flow</u> 33m	5 <u>Core and Cardio Coffee Cup</u> 43m
6 <u>Juicy Yoga for the Hips</u> 44m	7 <u>Go with the Flow Fluid Vinyasa</u> 28m	8 <u>Interval Yoga to Stretch toward your Dreams</u> <u>NEW</u> 38m	9 <u>HIIT for New Beginnings</u> 20m	10 <u>Side Body Cinch Vinyasa Flow</u> 32m	11 <u>Testing the Balance Vinyasa Flow</u> 34m	12 <u>Speedy Sweaty Upper Body Vinyasa</u> 23m
13 <u>Advanced Standing Vinyasa</u> 38m	14 <u>Hot Fire Flames Desert Interval Yoga for Legs</u> 24m	15 <u>Resolution Day 2 Hope</u> 25m	16 <u>Full Body Power Punch Yoga</u> 39m	17 <u>Gentle Yoga for Strength and Stability</u> 37m	18 <u>Power Yoga Flow for Strong Blood and Circulation</u> 32m	19 <u>Power Yoga for the Sacral Chakra</u> 43m
20 <u>Wake up and Roar Powerful Morning Vinyasa</u> 34m	21 <u>Summer Full Body Power Flow</u> 36m	22 <u>Vinyasa Flow to Tune into the Third Eye</u> <u>NEW</u> 50m	23 <u>Stress Eraser HIIT Yoga</u> 25m	24 <u>After Travel Take up Space Vinyasa Flow</u> 30m	25 <u>Power of the Side Plank Vinyasa Flow</u> 30m	26 <u>Yoga for a Powerful Posterior</u> 39m
27 <u>Blissful Upper Back Release</u> 52 m	28 <u>Standing Fluidity Flow</u> 25m	29 <u>Resolution Day 8 Roots</u> 17m	30 <u>Energy Rising Kundalini Fusion Flow</u> 44m			