

Embody

March 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Upper Body Builder Power Flow</u> 35m	2 <u>Power Yoga for Strong Blood and Circulation</u> NEW 32m	3 <u>Abs of Steel HIIT</u> 19m	4 <u>Resolution Day 9 Wild</u> 29m	5 <u>Morning Interval Yoga for Strong Legs</u> 23 m	6 <u>Slow Flow Vinyasa for Calm Strength</u> 43m
7 <u>Testing the Balance Vinyasa Flow</u> 34m	8 <u>Empowered Goddess Vinyasa Flow</u> 44m	9 <u>Happy Belly Strong Core Power Vinyasa</u> 28m	10 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	11 <u>Resolution Day 21 Reach</u> 30m	12 20 min <u>No Repeat HIIT</u> 23 m	13 <u>Tone + Tighten Vinyasa Flow</u> 38m
14 <u>Energizing Morning Yoga with Surya Bhedana</u> 25m	15 <u>Core Power Punch</u> 26m	16 <u>Twisty Yoga Fusion for Spring Cleaning</u> NEW 35m	17 <u>St. Patrick's Day Yoga for Fun</u> 26m	18 <u>Apt Friendly Upper Body Intervals</u> 18m	19 <u>Energy Rising Kundalini Fusion Flow</u> 44m	20 <u>Spring into Spring Power Flow</u> 40m
21 <u>Bloom into your Best Self Vinyasa</u> 45m	22 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	23 <u>Love your Tired Legs Slow Flow</u> 28m	24 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	25 <u>Resolution Day 11 Aspire</u> 29m	26 <u>Apt. Friendly Full Body Intervals</u> 17m	27 <u>Blissful Upper Back Release</u> 52m
28 <u>Generate Heat Bouncy Power Vinyasa</u> 32m	29 <u>After Travel Heart and Hip Opener</u> 21m	30 <u>Creative Interval Infused Yoga Workout</u> 36m	31 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m			