

Flow

March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Mardi Gras Calorie Burn off Power Flow</u> 30m	2 <u>Beginner Backbends</u> 43m	3 <u>Embrace the Wobbles Interval Yoga</u> 40m	4 <u>Meditation to Move Energy</u> 11m	5 <u>Power Yoga for the Sacral Chakra</u> 43m
6 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	7 <u>Busy Day Flow for Ease</u> 31m	8 <u>Seated Wrist Free Flow for the Sacral Chakra</u> NEW 25m	9 <u>Your Body is a Temple Power Vinyasa</u> 21m	10 <u>Level 1-2 Yoga for Strength and Length</u> 35m	11 <u>Quick Kundalini Yoga for Better Digestion</u> 15m	12 <u>Juicy Yoga for the Hips</u> 44m
13 <u>Fluid Interval Yoga for Change</u> 54m	14 <u>Standing Fluidity Flow in the Rain</u> 25m	15 <u>Liimited Wrists Nice Twists Vinyasa</u> 38m	16 <u>Bloom into your Best Self Vinyasa</u> 45m	17 <u>St. Patrick's Day. Yoga for Fun</u> 27m	18 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	19 <u>Intuitive Movement Vinyasa</u> 25m
20 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	21 <u>Spring into Spring Power Flow</u> 40m	22 <u>Busy Day Fluid Flow</u> NEW 33m	23 <u>Twists and Elongation Vinyasa</u> 36m	24 <u>Gentle Yoga for Strength and Stability</u> 37m	25 <u>Intermediate Vinyasa to Embody Empathy</u> 40m	26 <u>Creative Interval Infused Yoga Workout</u> 36m
27 <u>Go with the Flow Fluid Vinyasa</u> 28m	28 <u>Busy Day Heart Opening Flow</u> 25m	29 <u>Yoga Inspired HIIT</u> 16m	30 <u>Dirty 30 Birthday Interval Yoga</u> 34m	31 <u>Energy Rising Kundalini Fusion Flow</u> 44m		