

Grow

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	2 <u>Journey to Chaturanga</u> 42m
3 <u>Interval Yoga for Kapha</u> 33m	4 <u>Strong Foundations Vinyasa Flow</u> 48m	5 <u>Core Connections Flow</u> NEW 48m	6 <u>Lunch Break Power Yoga</u> 15m	7 <u>Yoga Fusion for the Upper Body.</u> 38m	8 <u>Power Yoga to Embrace who you are</u> 50m	9 <u>Vinyasa Flow for Kapha Balancing</u> 28m
10 <u>Release Vinyasa Flow for Open Energy Channels</u> 47m	11 <u>Vinyasa for Strong Hammies</u> 44m	12 <u>Vinyasa for Posture and Balance</u> 35m	13 <u>Upper Body Strength Vinyasa Flow</u> 41m	14 <u>Twists and Elongations Vinyasa</u> 36m	15 <u>Seated Wrist Free Flow for the Sacral Chakra</u> 25m	16 <u>Interval Yoga to Stretch toward your Dreams</u> 38m
17 <u>St. Patrick's Day Yoga for Fun</u> 26m	18 <u>Slow Flow Vinyasa for Immune Support</u> 45m	19 <u>Awaken the Core Vinyasa</u> NEW 32m	20 <u>Burn Booty Burn Interval Yoga Flow</u> 37m	21 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	22 <u>Creative Interval Infused Yoga Workout</u> 36m	23 <u>Side Body Strength Power Vinyasa</u> 33m
24 <u>Go with the Flow Fluid Vinyasa</u> 28m	25 <u>Interval Yoga for Rock Hard Abs</u> 39m	26 <u>Side Booty Balance Power Vinyasa</u> 39m	27 <u>Twisting Coffee Cup Interval Infused Yoga</u> 36m	28 <u>Upper Body Builder Power Flow</u> 35m	29 <u>Fluid Intervals Power Vinyasa</u> 39m	30 <u>Birthday Interval Yoga</u> 36m
31 <u>Int. Vinyasa to Embody Empathy.</u> 40m						