

Dream

May 2020

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Power Yoga for Strong Arms and a Lean Physique</u> 28 m	2 <u>Gentle Yoga for Strength and Stability.</u> 37 m
3 <u>Power of the Side Plank Vinyasa Flow</u> 30 m	4 <u>Limited Wrists Nice Twists Vinyasa Flow</u> 38 m	5 <u>Power Through It Intervals</u> 25 m	6 <u>Intro to Power Yoga Day 5</u> 30 m	7 <u>Resolution Day 9 Wild</u> 29 m	8 <u>Tone and Tighten Vinyasa Flow</u> 38 m	9 <u>Bloom into your Best Self Vinyasa Flow</u> 45 m
10 <u>Resolution Day 25 Grateful</u> 31 m	11 <u>Build a Booty Power Vinyasa</u> 30m	12 <u>Strong and Centered Yoga Reset I am Safe</u> 30 m	13 <u>Resolution Day 24 Believe</u> 17 m	14 <u>Wrist Free Vinyasa Flow for Lean Legs</u> 25 m	15 <u>Yoga Workout for Office Workers</u> 25 m	16 <u>Slow Flow Yoga for Shoulders and Back</u> 35 m
17 <u>Stand Tall and Fierce in Utkatasana Vinyasa Flow</u> 32 m	18 <u>Standing Fluidity Flow in the Rain</u> 25 m	19 <u>Espresso Shot Power Yoga for Rainy Days</u> 30 m	20 <u>Yin Yoga for an open Heart and Better Posture</u> 32 m	21 <u>Apartment Friendly Full Body Intervals Round 2</u> 17 m	22 <u>Intro to Power Yoga Day 18</u> 23 m	23 <u>Yoga for Work Life Balance</u> 37 m
24 <u>Mardi Gras Calorie Burn Off</u> 30 m	25 <u>Yoga for Veterans</u> 53 m	26 <u>Wring out all your Worries Twisty Vinyasa</u> 36 m	27 <u>20 min no Repeat HIIT Workout</u> 23 m	28 <u>Intro to Power Yoga Day 17</u> 26 m	29 <u>Resolution Day 11 Aspire</u> 29 m	30 <u>Live Class Vinyasa Flow for the Heart Chakra</u> 48 m
31 <u>Resolution Day 23 Manifest</u> 22 m						