

Encourage

May 2021

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <u>Quickie Abs+Arms Interval Yoga</u> 15m
2 <u>Shoulder Saver Anti-Hunch Vinyasa</u> 43m	3 <u>Wrist Free Twisty Vinyasa</u> 32m	4 <u>Power Through It Intervals</u> 25m	5 <u>Resolution Day 11 Aspire</u> 29m	6 <u>Yoga for Work/Life Balance</u> 37m	7 <u>Too Hot to Function Vinyasa</u> 39m	8 <u>Strong Like Bamboo Power Vinyasa</u> 27m
9 <u>Power Yoga to Embrace who You are</u> 50m	10 <u>Energy Rising Kundalini Fusion Flow</u> 44m	11 <u>Fluid Interval Yoga for Change</u> NEW 54m	12 <u>Intuitive Movement Vinyasa</u> 25m	13 <u>HIIT Yoga to Boost the Metabolism</u> 34m	14 <u>Resolution Day 26 Balance</u> 31m	15 <u>Power Yoga for Strong Blood and Circulation</u> 32m
16 <u>Upper Body Builder Power Flow</u> 35m	17 <u>Go with the Flow Fluid Vinyasa</u> 28m	18 <u>Abs of Steel HIIT</u> 19m	19 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	20 <u>Standing Vinyasa for Flexibility.</u> 38m	21 <u>Straight Core Interval Yoga</u> 16m	22 <u>Build a Booty. Power Vinyasa</u> 30m
23 <u>Embrace the Wobbles</u> 40m	24 <u>Energizing Morning Flow</u> 25m	25 <u>Power Yoga for the Sacral Chakra</u> NEW 43m	26 <u>Side Body Cinch Vinyasa Flow</u> 32m	27 <u>Resolution Day 28 Growth</u> 23m	28 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	29 <u>Apt Friendly Full Body Intervals</u> 17m
30 <u>Yin Yoga for Stress Relief+Relaxation</u> 37m	31 <u>Home Yoga for Better Posture</u> 32m					