

# Cleanse

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Upper Body Strength Vinyasa Flow</u> 41m	2 <u>Go with the Flow Fluid Vinyasa</u> 28m	3 <u>Twisting Coffee Cup Interval Yoga</u> NEW 36m	4 <u>Quick Energizing Morning Yoga Flow</u> 27m	5 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	6 <u>Seated Wrist Free flow for the Sacral Chakra</u> 25m	7 <u>Buns and Guns Power Yoga</u> 35m
8 <u>Twists and Elongation Vinyasa</u> 36m	9 <u>Yoga Inspired HIIT</u> 16m	10 <u>Happy Belly Strong Core Power Vinyasa</u> 28m	11 <u>Dancers Vinyasa Flow</u> 35m	12 <u>Spring into Spring Power Flow</u> 40m	13 <u>Wrist Free Twisty Vinyasa</u> 32m	14 <u>Yin Yoga for Stress Relief an Relaxation</u> 37m
15 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	16 <u>Meditation to Move Energy</u> 11m	17 <u>Double Espresso Shot for Obliques and Legs</u> NEW 31m	18 <u>Advanced Standing Vinyasa</u> 38m	19 <u>Your Body is a Temple Power Vinyasa</u> 21m	20 <u>Side Body Cinch Vinyasa</u> 32m	21 <u>Fluid Interval Yoga for Change</u> 54m
22 <u>Juicy Yoga for the Hips</u> 44m	23 <u>HIIT Yoga to Boost the Metabolism</u> 34m	24 <u>Quick Core Power Yoga</u> 28m	25 <u>Bloom into your Best Self Vinyasa</u> 45m	26 <u>Intuitive Movement Vinyasa</u> 25m	27 <u>Wrist Free Sweaty Mess Power Yoga Flow</u> 33m	28 <u>Power Yoga to Embrace Who You Are</u> 50m
29 <u>Quick Yoga Workout for Upper Body and Core</u> 30m	30 <u>Standing Vinyasa for Flexibility</u> 39m	31 <u>Kundalini Fusion Flow for the Sacral Chakra</u> NEW 25m				