

# Awaken

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Sayulita.- Heating Strength and Mobility Flow</u> 27m	2 <u>Side Booty Balance Power Vinyasa</u> 38m	3 <u>Core Connection Flow</u> 48m	4 <u>Earth Strength Power Vinyasa</u> 33m
5 <u>Busy Day Fluid Flow</u> 33m	6 <u>Yin Yoga to Balance Vata</u> 37m	7 <u>Lean Legs Booty Builder Sweaty Mess Power Yoga</u> NEW 54m	8 <u>Release Vinyasa Flow for Open Energy. Channels</u> 47m	9 <u>Balancing Core Interval Yoga</u> 41m	10 <u>Power Yoga for Strong Blood and Circulation</u> 32m	11 <u>Interval Yoga for Rock Hard Abs</u> 39m
12 <u>Twists and Elongation Vinyasa</u> 36m	13 <u>Awaken the Core Vinyasa Flow</u> 32m	14 <u>Lunch Break Power Yoga</u> 15m	15 <u>Side Plank Prep Vinyasa 2</u> 38m	16 <u>Burn Booty Burn Interval Yoga Flow</u> 38m	17 <u>Vinyasa for Posture and Balance</u> 35m	18 <u>Bikini Body Power Vinyasa</u> 28m
19 <u>Embrace the Wobbles Interval Yoga</u> 40m	20 <u>Let it be as it is Pitta Balancing Vinyasa</u> 39 m	21 <u>Juicy Yoga for Balance and Release</u> NEW 36m	22 <u>Fluid Intervals Power Yoga</u> 39m	23 <u>Espresso Shot Yoga for Abs</u> 34m	24 <u>Power Yoga to Embrace who you are</u> 50m	25 <u>Quickie Abs and Arms Interval Yoga Flow</u> 15m
26 <u>Shoulder Saver Anti Hunch Vinyasa</u> 43m	27 <u>Quick Yoga Workout for Upper Body and Core</u> 30m	28 <u>Summer Lovin' Booty and Arms Interval Yoga</u> 42m	29 <u>Flowy Vinyasa for Flexibility.</u> 33m	30 <u>Empowered Goddess Vinyasa</u> 44m	31 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	