

Express

November 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Twisty Yoga Fusion for Spring Cleaning</u> 35m	2 <u>CoreVember Espresso Shot Abs</u> NEW 22m	3 <u>Beginners Backbend Flow</u> 43m	4 <u>Intuitive Movement Vinyasa</u> 25m	5 <u>Yoga Inspired HIIT</u> 16m	6 <u>Fluid Interval Yoga for Change</u> 54m
7 <u>Meditation to Move Energy.</u> 12m	8 <u>Espresso Shot Yoga for Legs</u> 26m	9 <u>Juicy yoga for the Hips</u> 44m	10 <u>Quick Yoga Workout for the Upper Body and Core</u> 30m	11 <u>Yoga for Veterans</u> 53m	12 <u>Wrist Free Vinyasa for Balance</u> 37m	13 <u>Wring out all your Worries Twisty Vinyasa</u> 36m
14 <u>Home Yoga Practice for Better Posture</u> 32m	15 <u>Power Through It Intervals</u> 25m	16 <u>10 Min Office Stretch</u> NEW 11m	17 <u>Quick Core Power Yoga</u> 29m	18 <u>Buns and Guns Power Yoga</u> 35m	19 <u>Tone and Tighten Vinyasa Flow</u> 38m	20 <u>Heart Opening Vinyasa for Self-Compassion</u> 47m
21 <u>Your Body is a Temple Power Vinyasa</u> 21m	22 <u>Build a Booty Power Vinyasa</u> 30m	23 <u>Resolution Day 25 Grateful</u> 31m	24 <u>HIIT Yoga to Boost the Metabolism</u> 34m	25 <u>Busy Day Heart Opening Flow</u> 25m	26 <u>Heart Centered Vinyasa for Gratitude</u> 41m	27 <u>Advanced Standing Vinyasa</u> 38m
28 <u>Gratitude Power Yoga Flow</u> 44m	29 <u>Go with the Flow Fluid Vinyasa</u> 28m	30 <u>Upper Body Strength Vinyasa Flow</u> NEW 42m				