

Gratitude

November 2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|---|---|
| | | 1 <u>Feel Good Flow for Menstruation</u> NEW 22m | 2 <u>Side Plank Prep</u> Vinyasa 38m | 3 <u>Balancing Core Interval Yoga</u> 41m | 4 <u>Blissful Upper Back Release</u> 52m | 5 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m |
| 6 <u>Sacral Chakra Kundalini Fusion Flow</u> 25m | 7 <u>Lunch Break Power Yoga</u> 15m | 8 <u>Heart Opening Vinyasa for Self Compassion</u> 47m | 9 <u>After Travel Take up Space Vinyasa Flow</u> 30m | 10 <u>Core Gratitude Progressive Vinyasa</u> 38m | 11 <u>Yoga for Veterans</u> 53m | 12 <u>Power Yoga to Embrace who You Are</u> 50m |
| 13 <u>Dancers Vinyasa Fluid Flow</u> 34m | 14 <u>After Travel Heart and Hip Opener</u> 21m | 15 <u>Warrior II Lower Body Strength</u> NEW 37m | 16 <u>Juicy Yoga for the Hips</u> 44m | 17 <u>Speedy Sweaty Upper Body Vinyasa</u> | 18 <u>Hot Coffee in Winter Power Yoga</u> 30m | 19 <u>Intermediate Vinyasa to Embody Empathy</u> 40m |
| 20 <u>Wring out all your Worries Twisty Vinyasa</u> 36m | 21 <u>Yoga Fusion for the Upper Body</u> 38m | 22 <u>Vinyasa for Strong Hammies</u> 44m | 23 <u>Happy Belly Strong Core Power Vinyasa</u> 28m | 24 <u>Busy Day Morning Flow</u> 18m | 25 <u>Gratitude Power Yoga Flow</u> 44m | 26 <u>Intrinsic Joy Core Power Vinyasa</u> 38m |
| 27 <u>Power Yoga for the Sacral Chakra</u> 44m | 28 <u>Busy Day Flow for Ease</u> 31m | 29 <u>Planks-a-latte Interval Yoga</u> NEW 34m | 30 <u>Generate Heat Bouncy Power Vinyasa</u> 33m | | | |