

Mutable

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <u>Dancers Vinyasa Fluid Flow</u> 34m	2 <u>Twisty Core and Cardio Interval Yoga</u> 39m	3 <u>Empowered Goddess Vinyasa Flow</u> 44m	4 <u>Vinyasa for Spinal Health and Open Shoulders</u> 34m
5 <u>Sayulita - Heating Strength and Mobility Interval Yoga</u> 27m	6 <u>Planks a Latte Interval Yoga Flow</u> 34m	7 <u>Slow Flow Vinyasa for Vata</u> NEW 39m	8 <u>Power Yoga to Embrace who You Are</u> 50m	9 <u>Intuitive Movement Vinyasa</u> 25m	10 <u>Vinyasa for Posture and Balance</u> 35m	11 <u>Yoga for Veterans</u> 53m
12 <u>Shoulder and Core Strength Builder Vinyasa</u> 34m	13 <u>Wrist Lite Yoga for Posture</u> 39m	14 <u>Warrior II - Lower Body Strengthening Interval Yoga</u> 37m	15 <u>Energy Rising Kundalini Fusion Flow</u> 44m	16 <u>Heart Centered Vinyasa for Gratitude</u> 41m	17 <u>Advanced Standing Vinyasa</u> 38m	18 <u>Yoga for a Powerful Posterior</u> 39m
19 <u>Standing Vinyasa for Flexibility</u> 39m	20 <u>Balance Flow for Focus and Clarity</u> 39m	21 <u>Yin Yoga to Balance Vata</u> NEW 37m	22 <u>Core Gratitude Progressive Vinyasa Flow</u> 38m	23 <u>Swooshing Vinyasa for Morning Flexibility</u> 20m	24 <u>Quick Kundalini Kriya for Better Digestion</u> 15m	25 <u>Twisting Coffee Cup Interval Yoga</u> 36m
26 <u>Let it be as it is Pitta Balancing Flow</u> 39m	27 <u>Stress Eraser HIIT Yoga</u> 25m	28 <u>Core + Cardio Coffee Cup Energizing Vinyasa</u> 43m	29 <u>Heart Opening Vinyasa for Self Compassion</u> 47m	30 <u>Vinyasa Flow for Hikers</u> 49m		