

# Reflect

October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Resolution Day 25 Grateful</u> 31 m	2 <u>Fit Friday on Instagram or Hot Fire Flames Desert Interval Yoga</u> 24 m	3 <u>One Hour Sweaty Mess Power Yoga</u> 58 m
4 <u>Home Yoga Practice for Better Posture</u> 32 m	5 <u>Happy Belly Strong Core Power Vinyasa</u> 28 m	6 <u>Upper Body Builder Power Flow</u> 35 m	7 <u>Heart Opening Vinyasa for Self-Compassion</u> 47 m	8 <u>Resolution Day 27 Release</u> 30 m	9 <u>Fit Friday on Instagram or Morning Interval Yoga for Strong Legs</u> 23 m	10 <u>Wake Up Happy Gentle Flow</u> 25 m
11 <u>Posture Strength and Stretch Vinyasa</u> 38 m	12 <u>Side Body Cinch Vinyasa Flow</u> 32 m	13 <u>Morning Full Body Awakening Vinyasa Flow</u>	14 <u>New Moon Vinyasa for Receptivity</u> 48 m	15 <u>Resolution Day 20 Love</u> 29 m	16 <u>Fit Friday on Instagram or Espresso Shot Power Yoga for Rainy Days</u> 30 m	17 <u>Blissful Upper Back Release</u> 52 m
18 <u>Posture and Posterior Chain Sweaty Mess Workout</u> 29 m	19 <u>Yin Yoga for an Open Heart and Better Posture</u> 32 m	20 <u>HIIT Yoga to Boost the Metabolism</u> 34 m	21 <u>Fierce and Exuberant Leo the Lion Vinyasa</u> 45 m	22 <u>Resolution Day 15 Trust</u> 24 m	23 <u>Fit Friday on Instagram or Stress Eraser HIIT Yoga</u> 25 m	24 <u>St. Patrick's Day Yoga for Fun</u> 26 m
25 <u>Shoulder Saver Anti-Hunch Vinyasa yoga for Posture</u> 43 m	26 <u>Power Vinyasa for Obliques and Booty</u> 44 m	27 <u>Core and Cardio Coffee Cup</u> 43 m	28 <u>Juicy Yoga for the Hips</u> 44 m	29 <u>Resolution Day 7 Humble</u> 29 m	30 <u>Fit Friday on Instagram or Dirty 30 Birthday Interval Yoga</u> 36 m	31 <u>Inner Child Vinyasa</u> 44 m