

# Embellish

October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Intermediate Vinyasa to Embody Empathy</u> 40m	2 <u>Saturday Sweat on Instagram</u>
3 <u>fluid Interval Yoga for Change</u> 54m	4 <u>Energizing Morning Yoga Flow w/ Surya Bhedana</u> 25m	5 <u>Busy Day Heart Opening Flow</u> NEW 25m	6 <u>Resolution Day 17 Core Values</u> 32m	7 <u>HIIT Yoga to Boost the Metabolism</u> 34m	8 <u>After Work Power Flow</u> 30m	9 <u>Power Yoga for the Sacral Chakra</u> 43m
10 <u>Vinyasa Flow to Tune into the 3rd Eye</u> 49m	11 <u>Embrace the Wobbles Interval Yoga</u> 40m	12 <u>Wring out all your Worries Twisty Vinyasa</u> 36m	13 <u>Wrist Free Sweaty Mess Power Flow</u> 33m	14 <u>Standing Fluidity Flow in the Rain</u> 25m	15 <u>Empowered Goddess Vinyasa</u> 44m	16 <u>Saturday Sweat on Instagram</u>
17 <u>Creative Interval Infused Yoga Workout</u> 36m	18 <u>Build a Booty Power Vinyasa</u> 30m	19 <u>Quick Core Power Yoga</u> NEW 28m	20 <u>Strong Like a Warrior Vinyasa</u> 43m	21 <u>Power Through it Intervals</u> 25m	22 <u>Resolution Day 6 Brave</u> 23m	23 <u>Energy Rising Kundalini Fusion Flow</u> 44m
24 <u>Vinyasa Flow for Hikers</u> 49m	25 <u>St. Patrick's Day Yoga for Fun</u> 26m	26 <u>Bloom into your Best Self Vinyasa Flow</u> 45m	27 <u>Core Power Punch</u> 27m	28 <u>Flexibility Flow for Gym Goers</u> 40m	29 <u>Mardi Gras Calorie Burn off Power Yoga</u> 30m	30 <u>Saturday Sweat on Instagram</u>
31 <u>Inner Child Vinyasa</u> 44m						