

Nourish

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Light as Air Balancing Flow</u> NEW 45m	2 <u>Journey to Chaturanga</u> 42m	3 <u>Peach Perfect Interval Yoga Flow</u> 42m	4 <u>Core Connection Flow</u> 48m	5 <u>Slow Flow Vinyasa for Vata</u> 39m
6 <u>Vinyasa for Posture and Balance</u> 35m	7 <u>Lean Legs Booty Builder Sweaty Mess</u> 54m	8 <u>Juicy Yoga for Balance and Release</u> 36m	9 <u>Side Body Strength Power Vinyasa</u> 33m	10 <u>Release Vinyasa for Open Energy Channels</u> 47m	11 <u>Core Gratitude Progressive Vinyasa Flow</u> 38m	12 <u>Yin Yoga to Balance Vata</u> 37m
13 <u>Earth Strength Power Vinyasa</u> 33m	14 <u>Twisty Core and Cardio Interval Yoga</u> 39m	15 <u>After Travel - Full Body Vinyasa Stretch</u> NEW 36m	16 <u>Balance Flow for Focus and Clarity</u> 39m	17 <u>Espresso Shot Power Yoga for Rainy Days</u> 30m	18 <u>Sacral Chakra Kundalini Fusion</u> 25m	19 <u>Yin and Yang Interval Yoga Flow</u> 44m
20 <u>Awaken the Glutes Power Flow</u> 45m	21 <u>Quick Pick me up Power Yoga Flow</u> 29m	22 <u>Side Booty Balance Power Vinyasa</u> 39m	23 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	24 <u>Wrist Free Twisty Vinyasa</u> 32m	25 <u>Morning Full Body Awakening Flow</u> 22m	26 <u>Slow Flow Vinyasa for Immune Support</u> 45m
27 <u>Strong Foundations Vinyasa Flow</u> 31m	28 <u>Warrior II Lower Body Strength</u> 37m	29 <u>Nadi Shodhana Meditation</u> NEW 15m	30 <u>Espresso Shot Yoga for Abs</u> 34m	31 <u>Inner Child Vinyasa</u> 44m		