

# Harvest

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Balance Flow for Focus and Clarity</u> 39m	2 <u>Bikini Body Power Vinyasa</u> 30m	3 <u>Virgo Season Vinyasa</u> 34m	4 <u>Floor Abs on Fire</u> 35m	5 <u>Creative Interval Infused Yoga Workout</u> 36m	6 <u>Swooshing Vinyasa for Morning Flexibility</u> 20m	7 <u>Earth Strength Power Vinyasa</u> 33m
8 <u>Seated Wrist Free Flow for the Sacral Chakra</u> 25m	9 <u>Busy Day Flow for Mobility and Strength</u> 20m	10 <u>Let it be as it is Pitta Balancing Flow</u> NEW 39m	11 <u>Twisty Core and Cardio Interval Yoga</u> 39m	12 <u>Vinyasa for Spinal Health and Open Shoulders</u> 34m	13 <u>HIIT Yoga to Boost the Metabolism</u> 34m	14 <u>Power Yoga for the Sacral Chakra</u> 43m
15 <u>Backbendy Flow For Pitta Balancing</u> 50m	16 <u>Side Body Strength Power Vinyasa</u> 33m	17 <u>Fluid Interval Yoga for Change</u> 54m	18 <u>Espresso Shot Yoga for Abs</u> 34m	19 <u>Intuitive Movement Vinyasa</u> 25m	20 <u>Interval Yoga to Stretch toward your Dreams</u> 38m	21 <u>Go with the Flow Fluid Vinyasa</u> 28m
22 <u>Slow Flow Vinyasa for Immune Support</u> 45m	23 <u>Double Espresso Shot Yoga for Obliques</u> 31m	24 <u>Sayulita - Heating Strength and Mobility Interval Yoga</u> NEW 27m	25 <u>Side Body Cinch Vinyasa Flow</u> 32m	26 <u>Side Booty Balance Power Vinyasa</u> 38m	27 <u>Embrace the Wobbles Interval Yoga</u> 40m	28 <u>Summer Lovin Booty and Arms Interval Yoga</u> 42m
29 <u>Strong Foundations Vinyasa Flow</u> 31m	30 <u>Wrist Lite Yoga for Posture</u> 39m	31 <u>Inner Child Vinyasa</u> 44m				