

# Stabilize

September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Juicy Yoga for Balance and Release</u> 36m	2 <u>Let it Be as it is - Pitta Balancing Flow</u> 29m	3 <u>Core-Set Waist Cincher Flow</u> NEW 35m	4 <u>Peach Perfect Interval Yoga</u> 42m	5 <u>Flowy Vinyasa for Flexibility</u> 33m	6 <u>Bikini Body Power Vinyasa</u> 30m	7 <u>Twisty Cardio Interval Yoga</u> 36m
8 <u>Swooshing Vinyasa for Morning Flexibility</u> 20m	9 <u>Awaken the Glutes Power Flow</u> 45m	10 <u>Quick Pick me up Power Yoga Flow</u> 29m	11 <u>Summer Lovin' Booty and Arms Interval Yoga</u> 42m	12 <u>Virgo Season Vinyasa</u> 34m	13 <u>Strong Foundations Vinyasa Flow</u> 31m	14 <u>Busy Day Heart Opening Flow</u> 25m
15 <u>Side Body Strength Power Vinyasa</u> 33m	16 <u>Awaken the Core Vinyasa</u> 32m	17 <u>Yin and Yang Flow</u> NEW 44m	18 <u>Where's the Beach? Upper Body Interval Yoga</u> 44m	19 <u>Earth Strength Power Vinyasa</u> 33m	20 <u>Double Espresso Shot Yoga for Obliques</u> 31m	21 <u>Power Yoga for the Sacral Chakra</u> 43m
22 <u>Busy Day Flow for Mobility and Strength</u> 20m	23 <u>HIIT Yoga for Upper Body and Cardio</u> 30m	24 <u>Lean Legs Booty Builder Sweaty Mess</u> 54m	25 <u>Shoulder and Core Strength Builder Vinyasa</u> 34m	26 <u>Dancers Vinyasa Fluid Flow</u> 34m	27 <u>Desert Burro Horse Stance Power Vinyasa</u> 21m	28 <u>Core Connection Flow</u> 48m
29 <u>Warrior II Lower Body Strength</u> 37m	30 <u>Yoga for a Powerful Posterior</u> 39m					