

Awareness

September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Sacral Chakra Kundalini Fusion</u> 25m	2 <u>Testing the Balance Vinyasa</u> 35m	3 <u>Dancers Vinyasa Fluid Flow</u> 34m
4 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	5 <u>Busy Day. Heart Opening Flow</u> 25m	6 <u>Intrinsic Joy. Core Power Vinyasa</u> NEW 35m	7 <u>Embrace the Wobbles Interval Yoga</u> 40m	8 <u>Standing Vinyasa for Flexibility.</u> 38m	9 <u>Espresso Shot Yoga for Abs</u> 34m	10 <u>Beginner Backbends. Yoga Flow</u> 43m
11 <u>Vinyasa Flow to Tune into the the 3rd Eye</u> 49m	12 <u>Home Yoga Practice for Better Posture</u> 32m	13 <u>Side Plank Prep 1 Vinyasa</u> 38m	14 <u>Seated Wrist-Free Flow for the Sacral Chakra</u> 25m	15 <u>Holiday Cardio Power Yoga</u> 38m	16 <u>Floor Yoga for Energy and Strength</u> 40m	17 <u>Intuitive Movement Vinyasa</u> 25m
18 <u>Intermediate Vinyasa to Embody Empathy.</u> 40m	19 <u>Virgo Season Vinyasa</u> 34m	20 <u>Core Gratitude Progressive Vinyasa</u> NEW 38m	21 <u>Power Vinyasa for Obliques and Booty.</u> 44m	22 <u>Go with the Flow Fluid Vinyasa</u> 28m	23 <u>Slow Flow Summertime Yoga for Flexibility.</u> 40m	24 <u>Vinyasa for Strong Hammies</u> 44m
25 <u>Twists and Elongation Vinyasa</u> 36m	26 <u>Power Yoga for the Sacral Chakra</u> 43m	27 <u>Full Body Power Punch Interval Yoga</u> 39m	28 <u>Yin Yoga for Stress Relief and Relaxation</u> 37m	29 <u>Power Yoga to Embrace who You Are</u> 50m	30 <u>Yoga Inspired HIIT</u> 16m	