

Kindle

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <u>Twisty Core + Cardio Interval Yoga</u> 39m	2 <u>Earth Strength Power Vinyasa</u> 33m
3 <u>Fluid Intervals Power Yoga for Strength</u> 39m	4 <u>Yoga for Work Life Balance</u> 36m	5 <u>Side Booty Balance Power Vinyasa</u> NEW 40m	6 <u>Fierce and Exuberant Leo the Lion Vinyasa</u> 45m	7 <u>Vinyasa Flow for Hikers</u> 49m	8 <u>Vinyasa for Posture and Balance</u> 35m	9 <u>Abs of Steel HIIT</u> 19m
10 <u>Heart Centered Vinyasa for Gratitude and Joy</u> 41m	11 <u>Bikini Body Power Vinyasa</u> 30m	12 <u>Slow Flow Vinyasa for Calm Strength</u> 43m	13 <u>Floor Abs on Fire</u> 35m	14 <u>Inner Child Vinyasa</u> 44m	15 <u>Strong Foundations Vinyasa Flow</u> 30m	16 <u>Twists + Elongation Vinyasa</u> 36m
17 <u>Shoulder and Core Strength Vinyasa</u> 34m	18 <u>Busy Day Heart Opening Flow</u> 25m	19 <u>Backbendy Flow For Pitta Balancing</u> NEW 50m	20 <u>Summer Lovin' Booty + Arms Interval yoga</u> 42m	21 <u>Wrist Lite Vinyasa for Posture</u> 39m	22 <u>Your Body is a Temple Power Vinyasa</u> 21m	23 <u>Fluid Interval Yoga for Change</u> 54m
24 <u>Core Gratitude Progressive Vinyasa Flow</u> 38m	25 <u>Swooshing Vinyasa for Morning Flexibility</u> 20m	26 <u>Happy Belly Strong Core Power Vinyasa</u> 27m	27 <u>Balancing Core Interval Yoga</u> 41m	28 <u>Vinyasa for Spinal Health and Open Shoulders</u> 45m	29 <u>Slow Flow Vinyasa for Immune Support</u> 45m	30 <u>Criss Cross Core Interval Yoga</u> 33m