



AUGUST 2019 FAVORITES

**A 31 DAY YOGA CALENDAR WITH
KASSANDRA'S PERSONAL
FAVORITE CLASSES!**

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1 Yin Affirmations for Peace 45 min	2 Yoga Knee Strength 25 min	3 Unwind After Work 25 min	4 Vin to Yin Inner Strength 60 min	5 Spicy Core 30 min	6 Yoga with Blocks 30 min	7 Yin Sex Drive 60 min
8 Lotus Flow 45 min	9 Full Body Stetch 30 min	10 Bird of Paradise Flow 50 min	11 Super Slow Flow 35 min	12 Sexual Vitality Flow 30 min	13 Yin for Quads 40 min	14 Backbend, Core & Arms 60 min
15 Body Love Flow 30 min	16 Lower Body Sculpt 45 min	17 Hip Strength Yoga 35 min	18 Arm Balance Flow 35 min	19 Chakra Yin Yoga 75 min	20 Yoga for Flexibility 40 min	21 Yoga for Office Workers 25 min
22 Yoga for Obliques 25 min	23 Full Body Tune Up 30 min	24 Yin Affirmations Self- Love 30 min	25 Hip Flexor Love 25 min	26 Hips Don't Lie 60 min	27 Super Slow Flow 30 min	28 Upper Body Sculpt 45 min
29 Heart Opening Yoga 45 min	30 Get Into Splits 55 min	31 Yoga for Cyclists 20 min				