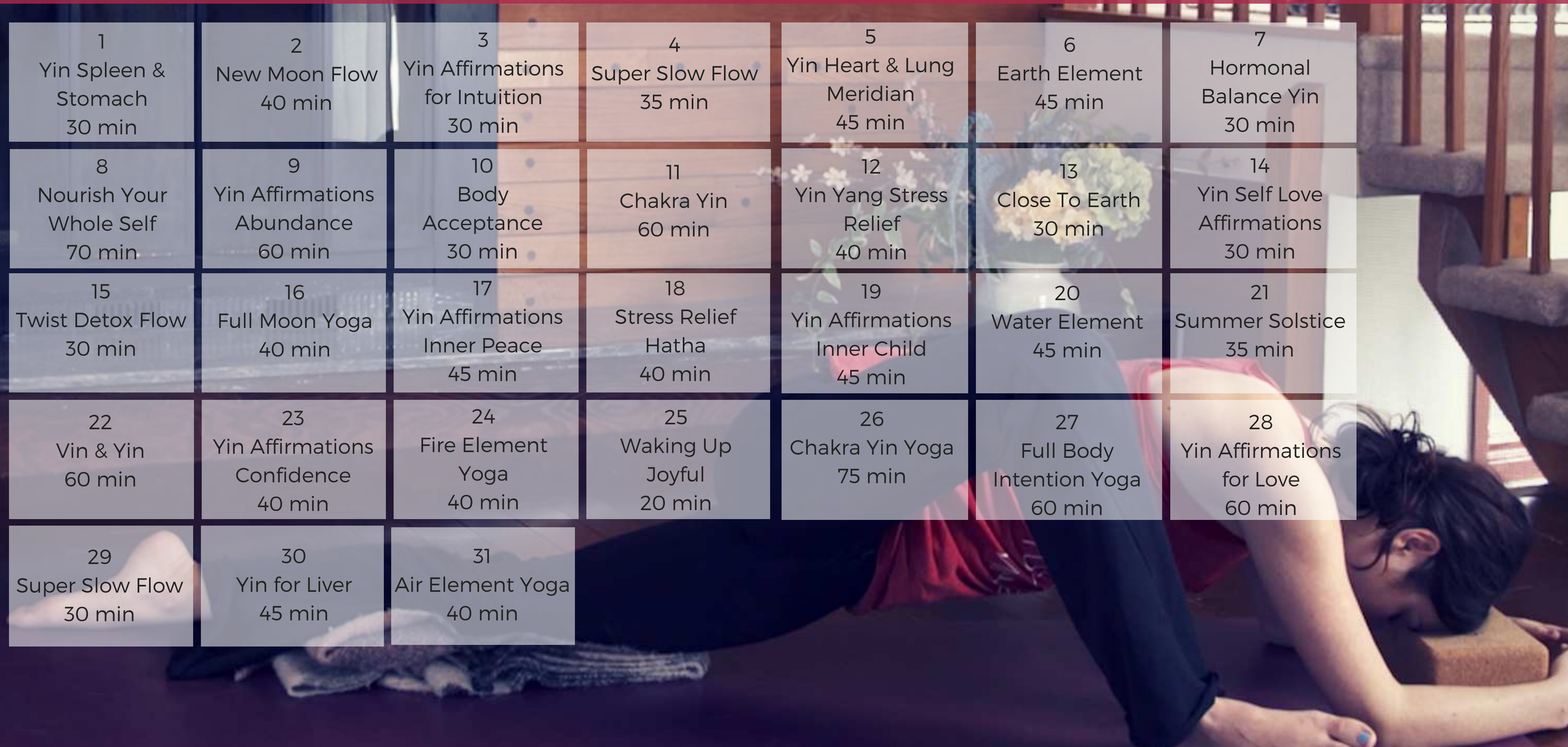


Energy Balance - July 2019



1 Yin Spleen & Stomach 30 min	2 New Moon Flow 40 min	3 Yin Affirmations for Intuition 30 min	4 Super Slow Flow 35 min	5 Yin Heart & Lung Meridian 45 min	6 Earth Element 45 min	7 Hormonal Balance Yin 30 min
8 Nourish Your Whole Self 70 min	9 Yin Affirmations Abundance 60 min	10 Body Acceptance 30 min	11 Chakra Yin 60 min	12 Yin Yang Stress Relief 40 min	13 Close To Earth 30 min	14 Yin Self Love Affirmations 30 min
15 Twist Detox Flow 30 min	16 Full Moon Yoga 40 min	17 Yin Affirmations Inner Peace 45 min	18 Stress Relief Hatha 40 min	19 Yin Affirmations Inner Child 45 min	20 Water Element 45 min	21 Summer Solstice 35 min
22 Vin & Yin 60 min	23 Yin Affirmations Confidence 40 min	24 Fire Element Yoga 40 min	25 Waking Up Joyful 20 min	26 Chakra Yin Yoga 75 min	27 Full Body Intention Yoga 60 min	28 Yin Affirmations for Love 60 min
29 Super Slow Flow 30 min	30 Yin for Liver 45 min	31 Air Element Yoga 40 min				