

# Ready, Set, Flow - August 2018

Click on the classes in the calendar to stream on YouTube or download them via [gumroad.com](https://gumroad.com)

## ARMS

## LEGS

## CORE

## REST

## BACK

## FULL BODY

## HIPS

1

Upper Body  
Sculpt 45 min

2

Lower Body Flow  
20 min

3

Yoga for  
Obliques 25 min

4

Intense Yin 30  
min

5

Heart Opening  
Flow 45 min

6

Beginner Flow  
60 min

7

Morning Yoga 30  
min

8

Shoulder Flow  
60 min

9

Yoga for Cyclists  
20 min

10

Core & Balance  
40 min

11

Bedtime Yoga  
20 min

12

Backbend Flow  
60 min

13

Super Slow Flow  
30 min

14

Hip Flexor Love  
25 min

15

Yoga Binds 35  
min

16

Beach Yoga 15  
min

17

Core & Twists 30  
min

18

Yin Deep Stretch  
45 min

19

Vinyasa  
Backbends 40  
min

20

Super Slow Flow  
Intuition 35 min

21

Hip Opening  
Flow 15 min

22

Office Workers  
25 min

23

Hands Free Flow  
30 min

24

Spicy Core 35  
min

25

Yin Full Body 40  
min

26

Heart Opening  
Yoga 45 min

27

Slow Flow  
Beginners 45  
min

28

Morning Yoga  
Stretch 15 min

29

Rise & Shine 35  
min

30

Glute Workout  
20 min

31

Asymmetrical  
Yoga 35 min