

KASSANDRA'S FAVORITES

DECEMBER 2021



1 Morning Yoga Stretch 10 min	2 Deep Stretch Flexibility 30 min	3 Rise & Shine Yoga 25 min	4 New Moon Slow Flow 35 min	5 Morning Yoga Wake Up 10 min	6 Deep Stretch Slow Flow 40 min	7 Morning Yoga for Energy 10 min
8 After Work Yoga Stretch 35 min	9 Morning Yoga for Hips 15 min	10 Intermediate Vinyasa Yoga 35 min	11 Hips & Low Back Yoga 15 min	12 Heart Opening Flow/Meditation 50 min	13 Core Strength Power Yoga 10 min	14 Feel Good Int. Flow 35 min
15 Morning Yin Yoga 15 min	16 Intermediate Vinyasa Yoga 30 min	17 Flexibility & Relaxation 15 min	18 Hips & Low Back Stretch 30 min	19 Full Moon Yoga Flow 30 min	20 Nervous System Yin 30 min	21 Intermediate Vinyasa Yoga 30 min
22 Little Bit of Everything 30 min	23 Morning Yoga Flow 30 min	24 Bedtime Yoga Stretch 20 min	25 Morning Power Yoga 30 min	26 Energizing Morning Yoga 15 min	27 Slow Flow Deep Stretch 45 min	28 Morning Yoga Flow 15 min
29 Int/Adv Minimal Cues 35 min	30 Yin Hips Deep Stretch 40 min	31 Animal Sanctuary Flow 30 min				