JUNE 2022 - STYLES OF YOGA

1 Sun Salutations 30 min	2 Restorative Bed Yoga 20 min	3 Yoga for Flexibility 60 min	4 Toned Barre with Jacquelyne 37 min	5 Yoga for Core Strength 10 min	6 Heart Opening Yoga 30 min	7 Morning Breathwork with Rob 15 min
8 Water Element Vin Yin 45 min	9 Full Body Tune Up 30 min	10 Chakra Yin with Jermaine 65 min	11 Core Pilates with Amy 22 min	12 Slow Flow Morning 12 min	13 Core Strength Floor Work 20 min	14 Full Moon Flow 42 min
15 Finding Strength Hatha with Meghan 30 min	16 Yin for Stress 30 min	17 Morning Power Yoga 30 min	18 Chakra Meditation with Tesia 15 min	19 Flexibility Flow Yoga 60 min	20 Plank Pose Challenge 10 min	21 Summer Solstice Yoga 36 min
22 Nourishing Yin with Shaunneka 37 min	23 Throat Chakra Vin Yin 40 min	24 Evening Breathwork with Rob 15 min	25 Minimal Cues Vinyasa 35 min	26 Yoga for Contentment with Purvi 60 min	27 Power Vinyasa 40 min	28 Yoga Backbends 30 min
29 Pilates Full Body with Amy 25 min	30 Obliques Circuit Training 15 min					