# AUGUST 2022 - TWENTY IS PLENTY

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|---|---|---|---|---|---|---|
| 1<br>Full Body<br>Morning<br>23 min | 2<br>Yin for Hips<br>& Hamstrings<br>23 min | 3<br>Chair Workout<br>with Kristen<br>18 min | 4<br>Relief from<br>Sitting Yoga<br>25 min | 5<br>Lower Body<br>Deep Stretch<br>18 min | 6<br>Joyful<br>Mornings<br>24 min | 7<br>Yin Yoga<br>for Hips<br>18 min |
| 8<br>Daily Stretch<br>& Strength<br>22 min | 9<br>Full Body<br>Flexibility<br>18 min | 10<br>Beginner Flow<br>for Strength<br>17 min | 11<br>Side Lying<br>Pilates w Amy<br>22 min | 12<br>Tight Calves<br>& Ankles<br>18 min | 13<br>Morning Yin<br>Full Body<br>19 min | 14<br>Stretch<br>After Work<br>15 min |
| 15<br>Bedtime<br>Stretch & Relax<br>20 min | 16<br>Morning Sun<br>Salutations<br>15 min | 17<br>Morning Yin<br>Full Body<br>20 min | 18<br>Hands Free<br>No Props<br>21 min | 19<br>Wake Up<br>& Stretch<br>17 min | 20<br>Abs & Seat<br>Mat w Kristen<br>20 min | 21<br>Full Body<br>Yin Yoga<br>17 min |
| 22<br>Morning Yoga<br>with Blocks<br>14 min | 23<br>Morning<br>Power Yoga<br>20 min | 24<br>No Props<br>Morning Yin<br>18 min | 25<br>Core Strength<br>Power Yoga<br>12 min | 26<br>Morning Yin<br>Stretch<br>23 min | 27<br>Sun Salutations<br>Yoga Flow<br>15 min | 28<br>Yin Yoga for<br>Extremities<br>17 min |
| 29<br>Intermediate<br>for Hips & Legs<br>25 min | 30<br>Front & Back<br>Pilates w Amy<br>20 min | 31<br>Yin Yoga<br>for Sleep<br>24 min | | | | |