

KASSANDRA'S FAVORITES OF 2022

1 Yoga for Flexibility 20 min	2 Yoga for Your Back 12 min	3 Diamond Mind Yoga 35 min	4 Morning Yoga Twists 13 min	5 Yoga to Feel Great 60 min	6 Power Yoga with Blocks 20 min	7 Flexibility Full Body 15 min
8 Nervous System Reset 35 min	9 Crown Chakra Morning 10 min	10 Feel Good Hands Free 25 min	11 Third Eye Chakra Morning 14 min	12 Energizing Power Yoga 35 min	13 Heart Chakra Morning 13 min	14 Yoga After Sitting All Day 25 min
15 Yoga for Core Strength 15 min	16 Sun Salutations 33 min	17 Spacious Yoga Flow 60 min	18 Morning Yoga Flexibility 16 min	19 Full Body Morning Stretch 23 min	20 Heart Opening Yoga 30 min	21 Yin Yoga for Hips 17 min
22 Minimal Cues & Backbends 35 min	23 Flexibility & Balance 60 min	24 Morning Gentle Yoga 13 min	25 Yoga for Posture 30 min	26 Reclined Yin Yoga 30 min	27 Yoga for Balance 14 min	28 Deep Stretch Vinyasa 30 min
29 Afternoon Yoga Flow 30 min	30 Full Body Yin Yoga 17 min	31 Full Body Yin Stretch 60 min				