

March 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Rest 1	Energetic Shift 25 Minutes 2	Stop Drop Reset 30 Minutes 3	30 Minute Yoga to Lengthen & Strengthen 4	Power Yoga Vinyasa Flow 40 Minutes 5	Yoga for Release & Letting Go 45 Minutes 6	Restorative Yoga for Fascial Freedom 25 Minutes 7
Active Rest 8	Tone & Lengthen Lean Yoga Body 40 Minutes 9	Yoga for Fascial Freedom 35 Minutes 10	Yoga for Flexibility & Strength 50 Minutes 11	Yoga Here & Now 24 Minutes 12	Recharge 35 Minutes 13	Gentle Yoga for Everyone 25 Minutes 14
Active Rest 15	Morning Yoga Rise & Shine 47 Minutes 16	Strong & Flexible 35 Minutes 17	Hands Free Yoga 40 Minutes 18	Yoga for Balance 22 Minutes 19	20 Minute Restorative Yoga 20	20 Minute Yoga with Gerald & Christa 21
Active Rest 22	Yoga for Inner Peace & Inner Fire 42 Minutes 23	25 Minute Yoga with Christa 24	Breathing Meditation Practice 12 Minutes 25	Full Body Glow & Tone 46 Minutes 26	Goddess Shakti Yoga 32 Minutes 27	Bedtime Yoga 21 Minutes 28
Active Rest 29	Morning Yoga Surrender 23 Minutes 30	Yoga for Your Hips 33 Minutes 31				