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					1 Get The Flowing <b>JUICES</b> Day 2	2 Full Body Stretch
3 Self-care Sunday	4 NEW: Yoga For Focus & Calm	5 New BEGINNINGS	6 Office Break	7 YOGA FOR THE CLASSROOM Balloon Breath	8 YOGA FOR THE CLASSROOM Yoga Break!	9 Couch Potato YOGA NETFLIX & YOGA!
10 Self-care Sunday	11 YOGA FOR THE CLASSROOM	12 YOGA FOR THE CLASSROOM Standing Flow	13 YOGA FOR THE CLASSROOM Body Break	14 YOGA FOR THE CLASSROOM Chair Yoga	15 YOGA FOR THE CLASSROOM Standing Stretch	16 Partner Yoga
17 Self-care Sunday	18 NEW: Yoga For Lymphatic Flow	19 Yoga For Healthy Blood Flow	20 Study Break Stretch & Workout	21 Lion's Breath	22 Meditation For Positive Energy	23 Balance Practice Day 6
24 Self-care Sunday	25 YOGA FOR ZOMBIES	26 Yoga For Brain Power 25 Minutes	27 YOGA AT YOUR DESK	28 CREATIVITY	29 Yoga For Creating Space	30 Energy Boost YOGA

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**UPLOAD TIME: Monday's at 6AM EST**