



Yoga with Joi

Recorded Class: <https://vimeo.com/648200841/bdb29efbe9>

CLASS PLAN.

This vinyasa session will focus on shapes that help us ground and balance within ourselves.

SUGGESTED PROPS.

Two blocks with you if they are available.

MUSIC OPTIONS.

Spotify (thanks lofi):

<https://open.spotify.com/playlist/4gRoFV3lCVoNMsDdPmKyoZ?si=f2edo5ecf2804edo>

YouTube: <https://youtu.be/Sdg-C3iawoM>