



PBS KVIE

MONTHLY REPEATS

May 2022 — KVIE2
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Created 5/01/22. Occasionally, KVIE makes changes to its schedule that would cause some of the below information to change. Please visit kvie.org/schedule for the most up-to-date information.

Alaska Week with Huell Howser *Skagway* #101 5/20 7PM, 5/21 1AM, 5/22 11:30AM *Glacier Bay* #108 5/27 7PM, 5/28 1AM, 5/29 11:30AM

All Creatures Great and Small On Masterpiece *You've Got to Dream* #5102 5/7 8PM, 5/8 2AM *Another Farnon?* #5103 5/14 8PM, 5/15 2AM *Andante* #5104 5/21 8PM, 5/22 2AM *A Tricky Case* #5105 5/28 8PM, 5/29 2AM

Amanpour and Company #4217 5/1 6:30AM #4218 5/3 4AM #4219 5/4 4AM #4220 5/5 4AM #4221 5/6 4AM #4222 5/7 4AM, 5/8 6:30AM #4223 5/10 4AM #4224 5/11 4AM #4225 5/12 4AM #4226 5/13 4AM #4227 5/14 4AM, 5/15 6:30AM #4228 5/17 4AM #4229 5/18 4AM #4230 5/19 4AM #4231 5/20 4AM #4232 5/21 4AM, 5/22 6:30AM #4233 5/24 4AM #4234 5/25 4AM #4235 5/26 4AM #4236 5/27 4AM #4237 5/28 4AM, 5/29 6:30AM #4238 5/31 4AM

American Woodshop *Woodworking Ways / The Four Shop Tour* #2713 5/2 8AM *Tall Turned Table/Woodturning* #2801 5/3 8AM *The Burl Bowl/Turning Art with Barry Todd* #2802 5/4 8AM *Freestanding Display Cases* #2803 5/5 8AM *Kitchen Live-Edge Blended Wood Cutting Boards* #2804 5/6 8AM *Three, Found Art Sculpted Tables:* #2805 5/9 8AM *American Folk Art, Weathervanes and Wall Art* #2806 5/10 8AM *Custom Kitchen Tools* #2807 5/11 8AM *Tall Counter Stools* #2808 5/12 8AM *Led Accent Lamp* #2809 5/13 8AM *Adirondack Camp Chair* #2810 5/16 8AM *Suzy's Barn Woodshop Highlights* #2811 5/17 8AM *Home and Shop Decorative Trim* #2812 5/18 8AM *Turning Times* #2813 5/19 8AM *Tall Case Cabinet* #2901 5/20 8AM *Hearth Chair* #2902 5/23 8AM #2903 5/24 8AM *Tool Tote* #2904 5/25 8AM *English Cricket Table* #2905 5/26 8AM *American Miniature Benchtop Chest* #2906 5/27 8AM *Tall Vase Turning* #2907 5/30 8AM *Wall Curio Cabinet* #2908 5/31 8AM

America's Heartland #1509 5/1 12:30PM #1510 5/8 12:30PM #1511 5/15 12:30PM #1512 5/22 12:30PM #1513 5/29 12:30PM

America's Test Kitchen *Plum and Pear Desserts* #2022 5/2 5PM *Mexican Comfort Food* #2023 5/3 5PM, 5/7 5PM *The Chicken Or The Egg?* #2024 5/4 5PM *Ode to Armenia* #2214 5/4 7PM, 5/5 1AM *Summertime Staples* #2025 5/5 5PM *Pork and Greens* #2026 5/6 5PM *A Taste of Mexico* #2101 5/9 5PM *Autumn Supper* #2102 5/10 5PM, 5/14 5PM *Simple Chicken Dinner* #2103 5/11 5PM *Breakfast with a Kick* #2215 5/11 7PM, 5/12 1AM *Simple and Elegant Dinner* #2104 5/12 5PM *Breakfast Basics* #2105 5/13 5PM *French-Inspired Comfort Food* #2106 5/16 5PM *Japanese-Inspired Favorites* #2107 5/17 5PM, 5/21 5PM *Crepes Two Ways* #2108 5/18 5PM *Quick Fish Dinners* #2216 5/18 7PM, 5/19 1AM *Rustic Italian Fare* #2109 5/19 5PM *Tagine and Hummus* #2110 5/20 5PM *Mediterranean Comfort Food* #2111 5/23 5PM *Schnitzel and Roest* #2112 5/24 5PM, 5/28 5PM *Indian Feast* #2113 5/25 5PM *Italian Bites* #2217 5/25 7PM, 5/26 1AM *Bistro Classics at Home* #2114 5/26 5PM *Salmon Steaks Done Right* #2115 5/27 5PM *Burgers and Chips* #2116 5/30 5PM *Bake Sale Favorites* #2117 5/31 5PM

Antiques Roadshow *Grounds for Sculpture Hour 2* #2611 5/1 7PM, 5/2 12:03AM *Grounds for Sculpture Hour 3* #2612 5/7 5AM, 5/8 7PM, 5/9 12:31AM *Colonial Williamsburg Hour 1* #2613 5/14 5AM, 5/15 7PM, 5/16 12:30AM *Colonial Williamsburg Hour 2* #2614 5/21 5AM, 5/22 7PM, 5/23 Mid *Colonial Williamsburg Hour 3* #2615 5/28 5AM, 5/29 7PM, 5/30 12:30AM

Asian Americans *Breaking Ground* #101 5/3 8PM, 5/4 2AM, 5/7 6PM, 5/8 Mid *A Question of Loyalty* #102 5/10 8PM, 5/11 2AM, 5/14 6PM, 5/15 Mid *Good Americans* #103 5/17 8PM, 5/18 2AM, 5/21 6PM, 5/22 Mid *Generation Rising* #104 5/24 8PM, 5/25 2AM, 5/28 6PM, 5/29 Mid *Breaking Through* #105 5/31 8PM

Ask This Old House *Diy Birdbath, Dog Chew Wood Repair* #2027 5/1 2:30PM *Short Door, Grow Herbs* #1422 5/2 8:30AM *Deck Lighting, Fireplaces* #1423 5/3 8:30AM *Nick Offerman, Pipe Shelf* #1424 5/4 8:30AM *Murphy Door, House Hydrant* #1425 5/5 8:30AM *Doorbell, Home Gym, Pipes* #1426 5/6 8:30AM *Garage Door Replacement, Emergency Plumbing Fixes* #2028 5/8 2:30PM *Water Softener, App, Shadow Box* #1601 5/9 8:30AM *Toolbox, Smoke Detector, Leaking Valve* #1602 5/10 8:30AM *Backsplash, Leak Detection, Rainwater* #1603 5/11 8:30AM *Patch Lawn, Swap Toilet, Off-Grid* #1604 5/12 8:30AM *Radiator Swap, Brick Repointing* #1605 5/13 8:30AM *All About Hydrangeas, Refinish Deck Railing* #2029 5/15 2:30PM *Tree Removal, Stud Finders* #1606 5/16 8:30AM *Happy Holidays from AsktoH!* #1607 5/17 8:30AM *Window Gap, Solar Drinking Water* #1608 5/18 8:30AM *Walkway Reset, Patch Chipped Floor* #1609 5/19 8:30AM *Silica Dust, Wobbly Toilet* #1610 5/20 8:30AM *Replacing a Toilet Seat, Full Mortise Lockset Repair* #2030 5/22 2:30PM *Tankless Water Heater, Retaining Wall* #1611 5/23 8:30AM *Dutch Door, Landscape Checkers* #1612 5/24 8:30AM *Rain Chain, Vanity Installation* #1613 5/25 8:30AM *Lawn Care, Workshop of the Future* #1614 5/26 8:30AM *Spitting Faucet, Painting 101* #1615 5/27 8:30AM *All About Succulents, Under-Sink Water Filter* #2031 5/29 2:30PM *Houston*



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After Harvey #1616 5/30 8:30AM *Metal Railing, Tile Replacement* #1617 5/31 8:30AM
Australia with Huell Howser *Part One* #101 5/6 7PM, 5/7 1AM, 5/8 11:30AM *Part Two* #102 5/13 7PM, 5/14 1AM, 5/15 11:30AM
Baseball *Shadow Ball* #105 5/1 9PM, 5/2 1:57AM *The National Pastime* #106 5/8 9PM, 5/9 1:28AM *The Capital of Baseball* #107 5/15 9PM, 5/16 2:30AM *A Whole New Ball Game* #108 5/22 9PM, 5/23 2AM *Home* #109 5/29 9PM, 5/30 2:30AM
BBC World News #3082 5/2 11PM #3084 5/3 11PM #3086 5/4 11PM #3088 5/5 11PM #3090 5/6 11PM #3092 5/9 11PM #3094 5/10 11PM #3096 5/11 11PM #3098 5/12 11PM #3100 5/13 11PM #3102 5/16 11PM #3104 5/17 11PM #3106 5/18 11PM #3108 5/19 11PM #3110 5/20 11PM #3112 5/23 11PM #3114 5/24 11PM #3116 5/25 11PM #3118 5/26 11PM #3120 5/27 11PM #3202 5/30 11PM #3204 5/31 11PM
Best of the Joy of Painting *Bubbling Mountain Brook* #3809 5/2 9:30AM *Enchanted Falls Oval* #3810 5/3 9:30AM, 5/7 9:30AM *Windy Waves* #3811 5/4 9:30AM *Wooded Stream Oval* #3812 5/5 9:30AM *Delightful Meadow Home* #3813 5/6 9:30AM *An Arctic Winter Day* #3814 5/9 9:30AM *Countryside Oval* #3815 5/10 9:30AM, 5/14 9:30AM *Twin Falls* #3816 5/11 9:30AM *Fisherman's Paradise* #3817 5/12 9:30AM *Two Seasons* #3818 5/13 9:30AM *Winter Evergreens* #3601 5/16 9:30AM *Surf's Up* #3602 5/17 9:30AM, 5/21 9:30AM *Red Sunset* #3603 5/18 9:30AM *Meadow Road* #3604 5/19 9:30AM *Winter Oval* #3605 5/20 9:30AM *Secluded Beach* #3606 5/23 9:30AM *Forest Hills* #3607 5/24 9:30AM, 5/28 9:30AM *Little House by the Road* #3608 5/25 9:30AM *Mountain Path* #3609 5/26 9:30AM *Country Charm* #3610 5/27 9:30AM *Hazy Day* #3701 5/30 9:30AM *Frozen Beauty In Vignette* #3702 5/31 9:30AM
Biz Kid\$ *How to Be A Smart Consumer* #114 5/2 9AM *Using Your Credit-Crazy Or Compelling?* #115 5/3 9AM, 5/7 9AM *Budgeting Basics* #116 5/4 9AM *Understanding Business Ethics* #117 5/5 9AM *Saving and Investing for Your Future* #118 5/6 9AM *A Closer Look at Financial Careers* #119 5/9 9AM *Money Moves (Global Economy)* #120 5/10 9AM, 5/14 9AM *Bulls, Bears, and Financial Markets* #121 5/11 9AM *Sell, Sell, Sell (The Science of Sales)* #122 5/12 9AM *Understanding Income and Expenses* #123 5/13 9AM *Building and Growing A Business* #124 5/16 9AM *Understanding Your Paycheck* #125 5/17 9AM, 5/21 9AM *Social Entrepreneurs* #126 5/18 9AM *Have A Plan, Stan!* #201 5/19 9AM *Money Math - Who Needs It?* #202 5/20 9AM *Building Your Business Online* #203 5/23 9AM *Financial Institutions - All The Same?* #204 5/24 9AM, 5/28 9AM *How Credit Affects Your Life* #205 5/25 9AM *The Art of Negotiation* #206 5/26 9AM *The World Is A Risky Place* #207 5/27 9AM *Economic Cycles (What Goes Up Must Come Down)* #208 5/30 9AM *The Green Economy & You* #209 5/31 9AM
California's Gold *Hearst Ranch* #145 5/1 11:30AM
California's Golden Parks *Whiskeytown* #150 5/1 5:30PM *Salmon Festival* #151 5/8 5PM *Doheny State Beach* #152 5/8 5:30PM *William S. Hart Park and Museum* #153 5/15 5PM *Hidden Treasures of Sutter's Fort* #154 5/15 5:30PM *California Coastal National Monument* #155 5/22 5PM *Leo Carrillo Ranch* #156 5/22 5:30PM *San Onofre State Beach* #157 5/29 5PM *Alcatraz Gardens* #158 5/29 5:30PM
Charlie Bee Company *The Business of Bees* #105 5/3 9PM, 5/4 3AM *Two Texas Tarts* #106 5/10 9PM, 5/11 3AM *Honey, Honey* #107 5/17 9PM, 5/18 3AM *Beeweaver* #108 5/24 9PM, 5/25 3AM
Chef's Life *Pickle Perfect* #304 5/2 6:30PM, 5/3 12:30AM *Prickly Business* #305 5/9 6:30PM, 5/10 12:30AM *If You Can't Beet Em....* #306 5/16 6:30PM, 5/17 12:30AM *A Casserole Says Plenty* #307 5/23 6:30PM, 5/24 12:30AM *Honey, I'm Home!* #308 5/30 6:30PM, 5/31 12:30AM
Christina Cooks: Back to the Cutting Board *Essential Plant Proteins* #211 5/2 4:30PM *Fear and Loathing in the Kitchen* #212 5/3 4:30PM, 5/7 4:30PM *The Tomato* #304 5/3 6:30PM, 5/4 12:30AM, 5/10 4:30PM, 5/14 4:30PM *It's The Food Silly* #213 5/4 4:30PM *The Macroterranean Way* #301 5/5 4:30PM *The World's Healthiest Diet* #302 5/6 4:30PM *The World's Sexiest Diet* #303 5/9 4:30PM *Verdure* #305 5/10 6:30PM, 5/11 12:30AM, 5/11 4:30PM *The Drama of It All* #306 5/12 4:30PM, 5/17 6:30PM, 5/18 12:30AM *The Beauty of Wellness* #307 5/13 4:30PM, 5/24 6:30PM, 5/25 12:30AM *The Heart of the Story* #308 5/16 4:30PM, 5/31 6:30PM *La Dolce Vita* #309 5/17 4:30PM, 5/21 4:30PM *Never Enough Pasta* #310 5/18 4:30PM *Mangia Fagioli* #311 5/19 4:30PM *A Life of Wellness* #312 5/20 4:30PM *Living The Good Life* #313 5/23 4:30PM *The Italian Table* #101 5/24 4:30PM, 5/28 4:30PM *Where Do I Begin?* #102 5/25 4:30PM *Your Real Happy Meal* #103 5/26 4:30PM *Fear Factor* #104 5/27 4:30PM *The Beat Goes On* #105 5/30 4:30PM *A Simple Supper* #106 5/31 4:30PM
Christopher Kimball's Milk Street Television *Souvlaki and Flatbread* #522 5/4 7:30PM, 5/5 1:30AM *Flavors of Ethiopia* #523 5/11 7:30PM, 5/12 1:30AM *Weeknight Italian* #401 5/18 7:30PM, 5/19 1:30AM *Mexican Favorites*

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#402 5/25 7:30PM, 5/26 1:30AM

Classical Stretch: By Essentrics #1308 5/2 5:30AM #1309 5/3 5:30AM #1310 5/4 5:30AM #1311 5/5 5:30AM #1312 5/6 5:30AM #1313 5/9 5:30AM #1314 5/10 5:30AM #1315 5/11 5:30AM #1316 5/12 5:30AM #1317 5/13 5:30AM #1318 5/16 5:30AM #1401 5/17 5:30AM #1402 5/18 5:30AM #1403 5/19 5:30AM #1404 5/20 5:30AM #1405 5/23 5:30AM #1406 5/24 5:30AM #1407 5/25 5:30AM #1408 5/26 5:30AM #1409 5/27 5:30AM #1410 5/30 5:30AM #1411 5/31 5:30AM

Climate Change - The Facts 5/2 9PM, 5/3 3AM

Cobra Episode 6 #106 5/1 2AM

Colombia - Wild and Free *Two Rivers* #101 5/21 8AM, 5/23 9PM, 5/24 3AM *From The Pacific to the Andes* #102 5/28 8AM, 5/30 9PM, 5/31 3AM

Colors of California: ViewFinder #2806 5/1 9:30AM, 5/1 3:30PM

Cook's Country Spring Feast #1313 5/2 5:30PM *Fried Bites* #1401 5/3 5:30PM, 5/7 5:30PM *Roast Chicken and Salad* #1402 5/4 5:30PM *Taste of Summer* #1302 5/4 6:30PM, 5/5 12:30AM *Summer Berry Desserts* #1403 5/5 5:30PM *Carne Guisada and Enchiladas* #1404 5/6 5:30PM *One-Pot Meals* #1405 5/9 5:30PM *Italian-American Comforts* #1406 5/10 5:30PM, 5/14 5:30PM *Regional Sandwich Roundup* #1407 5/11 5:30PM *Beef Kebabs and Cheese Bread* #1303 5/11 6:30PM, 5/12 12:30AM *Thanksgiving, Simplified* #1408 5/12 5:30PM *Paprikash and Stroganoff* #1409 5/13 5:30PM *Pork, Peaches and Potatoes* #1410 5/16 5:30PM *French Fare* #1411 5/17 5:30PM, 5/21 5:30PM *Chicken Soup and Cheesy Bread* #1412 5/18 5:30PM *Grilled Chicken, Two Ways* #1304 5/18 6:30PM, 5/19 12:30AM *Elegant and Orange* #1413 5/19 5:30PM *Bbq Brisket and Fritters* #1201 5/20 5:30PM *Italian Comfort Food Classics* #1202 5/23 5:30PM *Tacos Two Ways* #1203 5/24 5:30PM, 5/28 5:30PM *Beef, Dressed Up* #1204 5/25 5:30PM *Tacos Two Ways* #1305 5/25 6:30PM, 5/26 12:30AM *Regional Italian American Favorites* #1205 5/26 5:30PM *Aloha State Favorites* #1206 5/27 5:30PM *Chicken and Cornbread* #1207 5/30 5:30PM *The Perfect Cake* #1208 5/31 5:30PM

Curious Traveler *Curious Dublin* #301 5/2 1PM *Curious Vienna* #302 5/3 1PM, 5/7 1PM *Curious Yorkshire* #303 5/4 1PM *Curious Salzburg* #304 5/5 1PM *Curious San Miguel De Allende* #305 5/6 1PM *Curious Edinburgh* #306 5/9 1PM *Curious Guanajuato City* #307 5/10 1PM, 5/14 1PM *Curious Austrian Christmas Markets* #308 5/11 1PM *Curious London Shops* #309 5/12 1PM *Curious Glasgow* #310 5/13 1PM *Curious Williamsburg* #311 5/16 1PM *Curious Quebec City* #312 5/17 1PM, 5/21 1PM *England's Curious Great West Way* #401 5/18 1PM *Curious Brussels* #402 5/19 1PM *Curious Cardiff* #403 5/20 1PM *Curious Manchester* #404 5/23 1PM *Curious Hong Kong: Culture & Traditions* #405 5/24 1PM, 5/28 1PM *Curious Southern Wales* #406 5/25 1PM *Curious Bruges* #407 5/26 1PM *Curious Dublin Pubs* #408 5/27 1PM *Curious Ghent* #409 5/30 1PM *Curious Sussex* #410 5/31 1PM
DW Focus On Europe #4018 5/1 7:30AM #4019 5/8 7:30AM #4020 5/15 7:30AM #4021 5/22 7:30AM #4022 5/29 7:30AM

Field Trip with Curtis Stone *Rioja* #106 5/3 6PM, 5/4 Mid *South Australia* #201 5/10 6PM, 5/11 Mid *Rome* #202 5/17 6PM, 5/18 Mid *New South Wales* #203 5/24 6PM, 5/25 Mid *Sonoma* #204 5/31 6PM

Finding Your Roots *Reporting on the Reporters* #503 5/8 8PM *No Laughing Matter* #507 5/15 8PM, 5/16 1:30AM *Freedom Tales* #505 5/22 8PM, 5/23 1AM *Breaking Silences* #615 5/29 8PM, 5/30 1:30AM

Firing Line with Margaret Hoover #544 5/1 8:30AM #545 5/6 8PM, 5/7 2AM, 5/8 8:30AM #546 5/13 8PM, 5/14 2AM, 5/15 8:30AM #547 5/20 8PM, 5/21 2AM, 5/22 8:30AM #548 5/27 8PM, 5/28 2AM, 5/29 8:30AM

Halifax: Retribution #102 5/1 3AM #103 5/7 10PM, 5/8 4AM #104 5/14 10PM, 5/15 4AM #105 5/21 10PM, 5/22 4AM #106 5/28 10PM, 5/29 4AM

Happy Yoga with Sarah Starr *Autumn Leaves* #604 5/2 7AM *Spectacular Sunflower* #605 5/3 7AM *Ocean Sundown* #606 5/4 7AM *Red Rock Panoramic* #607 5/5 7AM *Glowing Sunflower Sunset* #608 5/6 7AM *Island Breeze* #609 5/9 7AM *Sunflowers Galore* #610 5/10 7AM *Garden Paradise* #701 5/11 7AM *Island Sunset* #702 5/12 7AM *Peaceful Wood Glen* #703 5/13 7AM *Ocean Mist* #704 5/16 7AM *Palm Sunrise* #705 5/17 7AM *Pebble Shore* #706 5/18 7AM *Sunflower Gold* #707 5/19 7AM *Red Rock Basin* #708 5/20 7AM *Sunflower Meadow* #709 5/23 7AM *Peaceful Lake Sunrise* #710 5/24 7AM *Sunflower Woods* #801 5/25 7AM *Pastel Morning* #802 5/26 7AM *Ocean Twilight* #803 5/27 7AM *Golden Desert* #804 5/30 7AM *Sunny Bloom* #805 5/31 7AM

History Detectives #907 5/1 5AM *Cromwell Dixon, Bartlett Sketchbook, & Duke Ellington Plates* #805 5/5 9PM, 5/6 3AM #908 5/8 5AM *Korean War Letter, Diana, Lookout Mt. Painting* #806 5/12 9PM, 5/13 3AM #909 5/15 5AM *St. Valentine's Day Massacre, George Washington Miniature, Stalag 17* #807 5/19 9PM, 5/20



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3AM #910 5/22 5AM *Hot Town Poster, Face Jug, Lost City of Gold* #808 5/26 9PM, 5/27 3AM
Impossible Builds *The Floating House* #103 5/15 1PM *Ice World* #104 5/22 1PM *Skinny Skyscraper* #105 5/29 1PM
In Julia's Kitchen with Master Chefs *Dean Fearing* #116 5/2 11:30AM *Reed Hearon* #117 5/3 11:30AM, 5/7 11:30AM *Johanne Killeen and George Germon* #118 5/4 11:30AM *Leah Chase* #109 5/4 6PM, 5/5 Mid *Carol Field* #119 5/5 11:30AM *Michael Lomonaco* #120 5/6 11:30AM *Monique Barbeau* #121 5/9 11:30AM *Jacques Torres* #122 5/10 11:30AM, 5/14 11:30AM *Alfred Portale* #123 5/11 11:30AM *Christopher Gross* #110 5/11 6PM, 5/12 Mid *Mark Militello* #124 5/12 11:30AM *Julian Serrano* #125 5/13 11:30AM *Joachim Splichal* #126 5/16 11:30AM *Lynne Rossetto Kasper and Roberto Donna* #127 5/17 11:30AM, 5/21 11:30AM *Jimmy Sneed* #128 5/18 11:30AM *Jody Adams* #111 5/18 6PM, 5/19 Mid *Rick Bayless* #129 5/19 11:30AM *Johanne Killeen, George Germon, and Christopher Gross* #130 5/20 11:30AM *Daniel Boulud and Gordon Hamersley* #131 5/23 11:30AM *Madhur Jaffrey and Reed Hearon* #132 5/24 11:30AM, 5/28 11:30AM *Dean Fearing* #133 5/25 11:30AM *Zarela Martinez* #112 5/25 6PM, 5/26 Mid *Jim Dodge* #134 5/26 11:30AM *Jody Adams and Joachim Splichal* #135 5/27 11:30AM *Mark Militello* #136 5/30 11:30AM *Zarela Martinez and Jasper White* #137 5/31 11:30AM
Ireland with Michael *It's A Long Way from Here to Clare* #101 5/12 6PM, 5/13 Mid *Slaney Valley* #102 5/19 6PM, 5/20 Mid *May The Road Rise to Meet You* #103 5/26 6PM, 5/27 Mid
Islands Without Cars *Scotland's Isles of Eigg and Easdale* #206 5/5 6PM, 5/6 Mid
Jacques Pepin: Heart & Soul *Cuisine Economique* #124 5/2 11AM *Wonders of the Sea* #125 5/3 11AM, 5/7 11AM *Menu Memories* #126 5/4 11AM *Fete Des Boules* #101 5/5 11AM *All in the Family* #102 5/6 11AM *Toast to Julia* #103 5/9 11AM *Cooking from Le Pelican* #104 5/10 11AM, 5/14 11AM *Chef In Training* #105 5/11 11AM *Autumn Leaves* #106 5/12 11AM *La Cocina Ole* #107 5/13 11AM *Cooking for the President* #108 5/16 11AM *Taste Bud Temptations* #109 5/17 11AM, 5/21 11AM *Global Gastronomy* #110 5/18 11AM *Offal Good* #111 5/19 11AM *Catch O' The Day* #112 5/20 11AM *Julia Remembered* #113 5/23 11AM *Gloria's Favorites* #114 5/24 11AM, 5/28 11AM *Shorey's Petite Appetite* #115 5/25 11AM *Cuisine De Ma Cherie* #116 5/26 11AM *Sweet Endings with Shorey* #117 5/27 11AM *Viva Mexico!* #118 5/30 11AM *Kitchen Companions* #119 5/31 11AM
Joseph Rosendo's Travelscope *La Joie De Vivre In Quebec City, Canada* #713 5/2 2PM *Taiwan - Iron Pathways to Adventure - Part 1* #801 5/3 2PM, 5/7 2PM *Taiwan - Iron Pathways to Adventure - Part 2* #802 5/4 2PM *Uncovering South Korea* #803 5/5 2PM *San Francisco's Changing Neighborhoods* #804 5/6 2PM *Adventures In California's Tri-Valley* #805 5/9 2PM *Surprising Toronto* #806 5/10 2PM, 5/14 2PM *Ontario's Central Counties - Multi-Cultural Adventures* #807 5/11 2PM *Sault Saint Marie, Canada* #808 5/12 2PM *Northwest Ontario - Lake Superior and Beyond* #809 5/13 2PM *Thousand Islands - A Canadian Bi-National Adventure* #810 5/16 2PM *Northeast Ontario - Canada's Canoe Culture and First Nations People* #811 5/17 2PM, 5/21 2PM *San Antonio's Fiesta - Ole!* #812 5/18 2PM *Following the reformation Trail in Switzerland and Germany - Part 1* #813 5/19 2PM *Following the reformation Trail in Switzerland and Germany - Part 2* #814 5/20 2PM *Eastern Europe's Treasures - From Budapest to Bucharest* #815 5/23 2PM *South Korea - A Winter Journey* #901 5/24 2PM, 5/28 2PM *Hungary, Austria and Germany - Sampling the Danube's Delights* #902 5/25 2PM *The Cook Islands - Cultural Paradise* #903 5/26 2PM *Peru - The Amazon and Beyond* #904 5/27 2PM *Armenia - Ancient History and Modern Traditions, Part 1* #905 5/30 2PM *Armenia - Ancient History and Modern Traditions, Part 2* #906 5/31 2PM
Kevin Belton's Cookin' Louisiana *Toledo Bend Lake Country* #110 5/2 12:30PM #111 5/3 12:30PM, 5/7 12:30PM #112 5/4 12:30PM #113 5/5 12:30PM #114 5/6 12:30PM #115 5/9 12:30PM #116 5/10 12:30PM, 5/14 12:30PM #117 5/11 12:30PM #118 5/12 12:30PM #119 5/13 12:30PM #120 5/16 12:30PM #121 5/17 12:30PM, 5/21 12:30PM #122 5/18 12:30PM #123 5/19 12:30PM #124 5/20 12:30PM #125 5/23 12:30PM #126 5/24 12:30PM, 5/28 12:30PM
Kevin Belton's New Orleans Celebrations *Vieux Carre Salute* #101 5/25 12:30PM *All That Jazz Fest* #102 5/26 12:30PM *Bbq Fest* #103 5/27 12:30PM *Oyster Fest* #104 5/30 12:30PM *Tomato Fest* #105 5/31 12:30PM
Kitchen Queens: New Orleans *Off The Hook* #119 5/11 10:30AM *Classic Crab Dishes* #120 5/8 10:30AM *World Cuisine* #121 5/15 10:30AM *South of the Border* #122 5/22 10:30AM *Down Home* #123 5/29 10:30AM
Lidia's Kitchen *Keep It Fresh* #919 5/2 Noon *Italian Style Salads* #920 5/3 Noon, 5/7 Noon *Potato, Potato* #921 5/4 Noon *The Sweet Life In Italy* #922 5/5 Noon *Simply Lidia* #923 5/6 Noon *Just Braising* #924 5/9 Noon *Light Lunches* #925 5/10 Noon, 5/14 Noon *Little Effort, Big Flavor* #926 5/11 Noon #801 5/12 Noon



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#802 5/13 Noon #803 5/16 Noon #804 5/17 Noon, 5/21 Noon #805 5/18 Noon #806 5/19 Noon #807 5/20 Noon #808 5/23 Noon #809 5/24 Noon, 5/28 Noon #810 5/25 Noon #811 5/26 Noon #812 5/27 Noon #813 5/30 Noon #814 5/31 Noon
Lucky Chow Food As Wellness #304 5/2 10:30AM, 5/19 4PM, 5/27 10:30AM Food As Azn #305 5/3 10:30AM, 5/7 10:30AM, 5/20 4PM, 5/30 10:30AM Food As Beauty #306 5/4 10:30AM, 5/23 4PM, 5/31 10:30AM
Generasians #401 5/5 10:30AM, 5/24 4PM, 5/28 4PM Trending Japanese #201 5/5 4PM, 5/13 10:30AM Healing #402 5/6 10:30AM, 5/25 4PM Asian Farm to Table #202 5/6 4PM, 5/16 10:30AM Innovators #403 5/9 10:30AM, 5/26 4PM Food of the Gods #203 5/9 4PM, 5/17 10:30AM, 5/21 10:30AM Hybrids #404 5/10 10:30AM, 5/14 10:30AM, 5/27 4PM Made In China #204 5/10 4PM, 5/14 4PM, 5/18 10:30AM, 5/28 10:30AM Curators #405 5/11 10:30AM, 5/30 4PM The New Indian #205 5/11 4PM, 5/19 10:30AM Comfort #406 5/12 10:30AM, 5/31 4PM Taiwan's True Flavors #206 5/12 4PM, 5/20 10:30AM Asian Food, American Dreams #207 5/13 4PM, 5/23 10:30AM Food As Cultural Collision #301 5/16 4PM, 5/24 10:30AM Food As Art #302 5/17 4PM, 5/21 4PM, 5/25 10:30AM Food As Global Locavore #303 5/18 4PM, 5/26 10:30AM
Luna & Sophie Clean Business #101 5/7 9PM, 5/8 3AM A Subservient Ghost #102 5/14 9PM, 5/15 3AM Belly Up #103 5/21 9PM, 5/22 3AM Foul Play #104 5/28 9PM, 5/29 3AM
Margaret: The Rebel Princess Part Two #102 5/4 8PM, 5/5 2AM
Modern Pioneering with Georgia Pellegrini Into The Wild #104 5/1 11AM Go West, Young Woman #105 5/8 11AM Entertaining at Home #106 5/15 11AM Artisans of Charleston #107 5/22 11AM Traditions In Tuscany #108 5/29 11AM
My Greek Table with Diane Kochilas Figs in a Glass #311 5/2 4PM An Ionian Odyssey #312 5/3 4PM, 5/7 4PM The Dodecanese for Dinner #313 5/4 4PM
Nature Portugal: Wild Land on the Edge #4011 5/2 7PM, 5/3 1AM My Garden of a Thousand Bees #4001 5/7 6AM, 5/9 7PM, 5/10 1AM The Egg: Life's Perfect Invention #3612 5/14 6AM, 5/16 7PM, 5/17 1AM Big Bend: The Wild Frontier of Texas #3904 5/21 6AM, 5/23 7PM, 5/24 1AM Equus: Story of the Horse: Origins #3608 5/28 6AM, 5/30 7PM, 5/31 1AM
Newsline #13022 5/2 11:30PM #13023 5/3 11:30PM #13024 5/4 11:30PM #13026 5/5 11:30PM #13027 5/6 11:30PM #13028 5/9 11:30PM #13029 5/10 11:30PM #13030 5/11 11:30PM #13031 5/12 11:30PM #13032 5/13 11:30PM #13033 5/16 11:30PM #13034 5/17 11:30PM #13035 5/18 11:30PM #13036 5/19 11:30PM #13037 5/20 11:30PM #13038 5/23 11:30PM #13039 5/24 11:30PM #13040 5/25 11:30PM #13041 5/26 11:30PM #13042 5/27 11:30PM #13043 5/30 11:30PM #13044 5/31 11:30PM
Nick Stellino: Storyteller in the Kitchen #301 5/3 7PM, 5/4 1AM #302 5/10 7PM, 5/11 1AM #303 5/17 7PM, 5/18 1AM #304 5/24 7PM, 5/25 1AM #305 5/31 7PM
No Second Chance #105 5/1 4AM #106 5/7 11PM
NOVA Can We Cool The Planet? #4716 5/2 8PM, 5/3 2AM Hindenburg: The New Evidence #4806 5/7 7AM, 5/9 8PM, 5/10 2AM Dinosaur Apocalypse: The New Evidence #4906 5/14 7AM, 5/16 8PM, 5/17 2AM Dinosaur Apocalypse: The Last Day #4907 5/14 8AM, 5/16 9PM, 5/17 3AM Why Ships Crash #4909 5/21 7AM, 5/23 8PM, 5/24 2AM Ice Age Footprints #4908 5/28 7AM, 5/30 8PM, 5/31 2AM
Our California #302 5/2 1:30PM #303 5/3 1:30PM, 5/7 1:30PM #304 5/4 1:30PM #305 5/5 1:30PM #306 5/6 1:30PM #307 5/9 1:30PM #308 5/10 1:30PM, 5/14 1:30PM Route 66 Museum, Samoa Cookhouse, Chapman Gem & Mineral Museum #309 5/11 1:30PM Flightdeck, Antique Tool Museum, Bottle Tree Ranch #110 5/12 1:30PM
Our Gorongosa 5/31 9PM
Pacific Heartbeat Born This Way: Awa's Story and the Rogers #903 5/4 9PM, 5/5 3AM The Australian Dream #1001 5/11 9PM, 5/12 3AM For My Father's Kingdom #1002 5/18 9PM, 5/19 3AM Stan #1003 5/25 9PM, 5/26 3AM
Pati's Mexican Table Flour Power #905 5/1 10AM Sonoran Family Favorites for Sami #906 5/8 10AM Legends of the Sonoran Sea #907 5/15 10AM Super Sonoran #908 5/22 10AM Cooking for My Crew In Sonora #909 5/29 10AM
PBS NEWSHOUR #13518 5/2 3PM, 5/2 10PM #13519 5/3 3PM, 5/3 10PM #13520 5/4 3PM, 5/4 10PM #13521 5/5 3PM, 5/5 10PM #13522 5/6 3PM, 5/6 10PM #13523 5/9 3PM, 5/9 10PM #13524 5/10 3PM, 5/10 10PM #13525 5/11 3PM, 5/11 10PM #13526 5/12 3PM, 5/12 10PM #13527 5/13 3PM, 5/13 10PM #13528 5/16 3PM, 5/16 10PM #13529 5/17 3PM, 5/17 10PM #13530 5/18 3PM, 5/18 10PM #13531 5/19 3PM, 5/19 10PM #13532 5/20



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3PM, 5/20 10PM #13533 5/23 3PM, 5/23 10PM #13534 5/24 3PM, 5/24 10PM #13535 5/25 3PM, 5/25 10PM #13536 5/26 3PM, 5/26 10PM #13537 5/27 3PM, 5/27 10PM #13538 5/30 3PM, 5/30 10PM #13539 5/31 3PM, 5/31 10PM
PBS NewsHour Weekend #1688 5/1 3PM #1689 5/7 3PM #1690 5/8 3PM #1691 5/14 3PM #1692 5/15 3PM #1693 5/21 3PM #1694 5/22 3PM #1695 5/28 3PM #1696 5/29 3PM
Portraits In Architecture #103 5/1 1PM #104 5/1 1:30PM #105 5/8 1PM #106 5/8 1:30PM
Quilting Arts #2702 5/2 10AM #2703 5/3 10AM, 5/7 10AM #2704 5/4 10AM #2705 5/5 10AM #2706 5/6 10AM #2707 5/9 10AM #2708 5/10 10AM, 5/14 10AM #2709 5/11 10AM #2710 5/12 10AM #2711 5/13 10AM #2712 5/16 10AM #2713 5/17 10AM, 5/21 10AM Imagery #2801 5/18 10AM Tried and True #2802 5/19 10AM Layers #2803 5/20 10AM Charming Details #2804 5/23 10AM Inspired By Simple Objects #2805 5/24 10AM, 5/28 10AM Thread #2806 5/25 10AM Printing #2807 5/26 10AM Creative Color and Collage #2808 5/27 10AM Over The Top #2809 5/30 10AM A Different Vision #2810 5/31 10AM
Rick Steves' Europe Southeast England #909 5/2 2:30PM England's Cornwall #910 5/3 2:30PM, 5/7 2:30PM The Heart of England #1001 5/4 2:30PM Lisbon #1002 5/5 2:30PM Portugal's Heartland #1003 5/6 2:30PM Travel Skills: Cruising #1004 5/9 2:30PM Greek Islands: Santorini, Mykonos, and Rhodes #1005 5/10 2:30PM, 5/14 2:30PM European Festivals I #1006 5/11 2:30PM European Festivals II #1007 5/12 2:30PM The Best of Sicily #1008 5/13 2:30PM Sicilian Delights #1009 5/16 2:30PM Scotland's Highlands #1010 5/17 2:30PM, 5/21 2:30PM Scotland's Islands #1011 5/18 2:30PM Glasgow and Scottish Passions #1012 5/19 2:30PM Austrian and Italian Alps #1101 5/20 2:30PM Swiss Alps #1102 5/23 2:30PM French Alps and Lyon #1103 5/24 2:30PM, 5/28 2:30PM Germany's Fascist Story #1104 5/25 2:30PM Egypt's Cairo #1105 5/26 2:30PM Egypt's Nile, Alexandria, and Luxor #1106 5/27 2:30PM Ethiopia: A Development Story #1107 5/30 2:30PM Why We Travel #1108 5/31 2:30PM
Roadfood Brownsville, TX: Tacos #105 5/3 7:30PM, 5/4 1:30AM Barberton, OH: Serbian Fried Chicken #106 5/10 7:30PM, 5/11 1:30AM Detroit, MI: Collard Greens / Soul Food #107 5/17 7:30PM, 5/18 1:30AM New Bedford, MA: Shrimp Mozambique #108 5/24 7:30PM, 5/25 1:30AM Eastern Shore, VA: Oysters and Crabs #109 5/31 7:30PM
Road Trip Orchid Trail #152 5/1 4PM Avenue of the Giants #105 5/2 4:03AM Mother Lode #155 5/8 4PM Coast Highway #106 5/9 4AM Barstow #101 5/15 4PM Fillmore #102 5/22 4PM San Marcos Pass #108 5/23 4AM Figueroa Street #103 5/29 4PM
Rob on the Road Rob at Home - Peter Jaffe #1125 5/6 9:30PM, 5/7 3:30AM #1126 5/13 9:30PM, 5/14 3:30AM Rob at Home Region Rising: The Journey of Janice O #1025 5/20 9:30PM, 5/21 3:30AM Lake Natoma #803 5/27 9:30PM, 5/28 3:30AM
Sacramento and the Transcontinental Ra: Viewfinder Sacramento and the Transcontinental Railroad #2515 5/26 7:30PM, 5/27 1:30AM, 5/27 9PM, 5/28 3AM, 5/29 9:30AM, 5/29 3:30PM
Samantha Brown's Places to Love Big Sur and Monterey, California #108 5/5 6:30PM, 5/6 12:30AM Xi'an, China #109 5/12 6:30PM, 5/13 12:30AM Ireland's Northwest Coast #110 5/19 6:30PM, 5/20 12:30AM Orange County, California #111 5/26 6:30PM, 5/27 12:30AM
Secrets of the Dead Cleopatra's Lost Tomb #1502 5/5 8PM, 5/6 2AM Hindenburg's Fatal Flaws #1905 5/7 8AM, 5/9 9PM, 5/10 3AM The Woman in the Iron Coffin #1605 5/12 8PM, 5/13 2AM The Nero Files #1606 5/19 8PM, 5/20 2AM King Arthur's Lost Kingdom #1703 5/26 8PM, 5/27 2AM
Sit and Be Fit All Systems Go! #1401 5/2 5AM We've Gone Country #1211 5/2 6:30AM Fit from Head to Toe #1402 5/3 5AM Don't Forget Your Fingers #1212 5/3 6:30AM Sensory Awareness and Breathing #1403 5/4 5AM Vestibular System #1213 5/4 6:30AM Fun with the Large Ball #1404 5/5 5AM Breathing #1214 5/5 6:30AM Footwork and Core #1405 5/6 5AM Stretching #1215 5/6 6:30AM Controlled Breathing #1406 5/9 5AM Relaxation #1216 5/9 6:30AM Vestibular and Core #1407 5/10 5AM Maintain Independence #1217 5/10 6:30AM Posture #1408 5/11 5AM Resistance Exercises #1218 5/11 6:30AM Breathing #1409 5/12 5AM Feel Your Best #1219 5/12 6:30AM Back Health #1410 5/13 5AM Fundamental Moves: #1220 5/13 6:30AM Functional Fitness #1411 5/16 5AM Kinesthetic Awareness #1301 5/16 6:30AM Good Alignment #1412 5/17 5AM Static Balance #1302 5/17 6:30AM New Challenges #1413 5/18 5AM Pelvic & Ribcage Mobility #1303 5/18 6:30AM Coordination and Reaction Time #1414 5/19 5AM Strong Back Strong Core #1304 5/19 6:30AM Lymphatic System #1415 5/20 5AM Neuromuscular Coordination #1305 5/20 6:30AM Mobility and Balance #1416 5/23 5AM Release Tension Through Exercise #1306 5/23 6:30AM Your Feet, Your Foundation #1417 5/24 5AM Strengthening Muscles &



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Joints #1307 5/24 6:30AM *Flabby Arms* #1418 5/25 5AM *A Healthy Back* #1308 5/25 6:30AM *The Power of Small Movements* #1419 5/26 5AM *Better Balance* #1309 5/26 6:30AM *Flexibility and Range of Motion* #1420 5/27 5AM *Improve Your Mood* #1310 5/27 6:30AM *Brain Booster* #1501 5/30 5AM *Lighthearted Exercises* #1311 5/30 6:30AM *Practice Perfect Posture* #1502 5/31 5AM *Back and Abdominal Strengthening* #1312 5/31 6:30AM
Somewhere South *American As Hand Pie* #101 5/11 8PM, 5/12 2AM *Porridge for the Soul* #102 5/18 8PM, 5/19 2AM *Dumpling Dilemma* #103 5/25 8PM, 5/26 2AM
Studio Sacramento *Solar Cookers International* #1107 5/1 8AM, 5/1 5PM *Covid's Impact On Healthcare Workers* #1117 5/6 8:30PM, 5/7 2:30AM, 5/7 3:30PM, 5/8 8AM #1121 5/13 8:30PM, 5/14 2:30AM, 5/14 3:30PM, 5/15 8AM #1122 5/20 8:30PM, 5/21 2:30AM, 5/21 3:30PM, 5/22 8AM *California's State Capitol Annex Project* #1118 5/27 8:30PM, 5/28 2:30AM, 5/28 3:30PM, 5/29 8AM
Sunday Stories #117 5/1 6PM, 5/1 11:06PM #118 5/8 6PM, 5/8 11:31PM #119 5/15 6PM, 5/15 11:30PM #120 5/22 6PM, 5/22 11PM #103 5/29 6PM, 5/29 11:30PM
Tell Me More with Kelly Corrigan *Richard Lui* #302 5/1 9AM *Greg Boyle* #303 5/8 9AM *Judd Apatow* #304 5/15 9AM *Kevin Young* #305 5/22 9AM *Samantha Power* #306 5/29 9AM
The Carol Burnett Show - Carol's Favorites #101 5/7 7PM, 5/8 1AM #102 5/14 7PM, 5/15 1AM #103 5/21 7PM, 5/22 1AM #104 5/28 7PM, 5/29 1AM
The Lawrence Welk Show *April Showers* #1837 5/6 6PM, 5/7 Mid *Mother's Day* #1838 5/13 6PM, 5/14 Mid *Salute to the Armed Forces* #1839 5/20 6PM, 5/21 Mid *Hometown Band* #1840 5/27 6PM, 5/28 Mid
This Old House *Saratoga Springs | Toh In Saratoga Springs* #4327 5/1 2PM *Saratoga Springs | New Vision* #4328 5/8 2PM *Saratoga Springs | Old Woes* #4329 5/15 2PM *Saratoga Springs | Secret Gardens* #4330 5/22 2PM *Saratoga Springs | Raise The Roof* #4331 5/29 2PM
Thou Shalt Not Kill *Episode One* #101 5/14 11PM *Episode Two* #102 5/21 11PM *Episode Three* #103 5/28 11PM, 5/29 5AM
Vanishing Chinatown: ViewFinder #2617 5/12 7:30PM, 5/13 1:30AM, 5/13 9PM, 5/14 3AM, 5/15 9:30AM, 5/15 3:30PM
ViewFinder *Delano Manongs* #1906 5/19 7:30PM, 5/20 1:30AM, 5/20 9PM, 5/21 3AM, 5/22 9:30AM, 5/22 3:30PM
Weekends with Yankee *Back to Our Roots* #501 5/5 7PM, 5/6 1AM *Common Ground* #502 5/12 7PM, 5/13 1AM *Homegrown* #503 5/19 7PM, 5/20 1AM *Only In New England* #504 5/26 7PM, 5/27 1AM
Welcome to My Farm *The Chicks Are Coming!* #103 5/2 6PM, 5/3 Mid *Poultry Pals* #104 5/9 6PM, 5/10 Mid *Lavender In Bloom* #105 5/16 6PM, 5/17 Mid *Lobster Bake* #106 5/23 6PM, 5/24 Mid *Apple of My Eye* #107 5/30 6PM, 5/31 Mid
We Remember: Songs of Survivors 5/1 8PM, 5/2 1AM
When The Smoke Clears: Viewfinder #2818 5/5 7:30PM, 5/6 1:30AM, 5/6 9PM, 5/7 3AM, 5/8 9:30AM, 5/8 3:30PM
Wider World #2228 5/1 6AM #2229 5/8 6AM #2230 5/15 6AM #2231 5/22 6AM #2232 5/29 6AM
Wild Nevada *Alamo to Caliente* #401 5/13 1:30PM *Moonrocks and McLane Peak* #402 5/16 1:30PM *Elko to Battle Mountain* #403 5/17 1:30PM, 5/21 1:30PM *Leaving Las Vegas* #404 5/18 1:30PM *Elko to Jarbidge* #405 5/19 1:30PM *Around Reno* #406 5/20 1:30PM *Family Fun* #407 5/23 1:30PM *Boulder City to Mesquite* #408 5/24 1:30PM, 5/28 1:30PM *Austin to Fallon* #409 5/25 1:30PM *Enjoying Ely* #410 5/26 1:30PM *Wendover to Elko* #411 5/27 1:30PM *Winnemucca to Paradise Valley* #412 5/30 1:30PM *Best of Season 4* #413 5/31 1:30PM
Woodstock: Three Days That Defined A Generation: American Experience #3106 5/1 Mid
Yndi Yoga *Yndi Heart Opening Flow* #105 5/2 7:30AM, 5/19 7:30AM *Yndi Fluid Flow* #106 5/3 7:30AM, 5/20 7:30AM *Yndi Restorative Flow* #107 5/4 7:30AM, 5/23 7:30AM *Yndi Awaken & Strengthen* #108 5/5 7:30AM, 5/24 7:30AM *Yndi Backbend Flow* #109 5/6 7:30AM, 5/25 7:30AM *Yndi Flow + Meditation* #110 5/9 7:30AM, 5/26 7:30AM *Yndi Balance* #111 5/10 7:30AM, 5/27 7:30AM *Yndi Restore* #112 5/11 7:30AM, 5/30 7:30AM #113 5/12 7:30AM, 5/31 7:30AM *Yndi Fusion* #101 5/13 7:30AM *Yndi Awaken Flow* #102 5/16 7:30AM *Yndi Flow for the Knees, Back and Hips* #103 5/17 7:30AM *Yndi Flow Fundamentals* #104 5/18 7:30AM
Yoga In Practice *The Art of Connection* #111 5/2 6AM *Where You Look Matters* #112 5/3 6AM *Remembrance* #113 5/4 6AM *Our Breath Is Our Conversation with the World* #201 5/5 6AM *Your Practice Is A Journey* #202 5/6 6AM *Nature and the Cycle of Creation* #203 5/9 6AM *Find Balance to Find Peace* #204 5/10 6AM *Finding Your Center* #205 5/11 6AM *Intention, Knowledge, and Action* #206 5/12 6AM *Transforming Fear Into Joy* #207



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5/13 6AM *The Dance of Confidence* #208 5/16 6AM *Cultivate Self-Respect* #209 5/17 6AM *Allow Yourself to Soar* #210 5/18 6AM *Become An Able Vessel* #211 5/19 6AM *The Inner Fire of Transformation* #212 5/20 6AM *Honor Your Inner Beauty* #213 5/23 6AM *Connect to Your Softer Side* #301 5/24 6AM *Simplicity, Patience, Compassion - Chair Yoga* #302 5/25 6AM *What Makes You Come Alive?* #303 5/26 6AM *A Moving Meditation - Gravity and Direction* #304 5/27 6AM *With Each Step I Arrive* #305 5/30 6AM *Learning to Take A Leap* #306 5/31 6AM