



PBS KVIE

MONTHLY REPEATS

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 1 of 8

Created 8/01/25. 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.

10 Streets That Changed America 8/12 2PM

50 Years with Peter, Paul and Mary 8/10 12:30PM

60s and 70s Soul Celebration (My Music Presents) 8/9 Mid

All New Rock, Pop and Doo Wop (My Music Presents) 8/16 1:30AM, 8/17 2PM

Amanpour and Company #7285 8/2 4AM, 8/3 6:30AM #7286 8/5 4AM #7287 8/6 4AM #7288 8/7 4AM
#7289 8/8 4AM #7291 8/12 4AM #7292 8/13 4AM #7293 8/14 4AM #7294 8/15 4AM #7296 8/19 4AM
#7297 8/20 4AM #7298 8/21 4AM #7299 8/22 4AM #7300 8/23 4AM, 8/24 6:30AM #7301 8/26 4AM
#7302 8/27 4AM #7303 8/28 4AM #7304 8/29 4AM #7305 8/30 4AM, 8/31 6:30AM

American Experience *Nazi Town, USA* #3601 8/1 2AM *Fatal Flood* #1311 8/14 8PM, 8/15 2AM *Fly with Me* #3602
8/28 8PM, 8/29 2AM

American Masters *Liza: A Truly Terrific Absolutely True Story* #3801 8/10 4:30PM

America's Heartland #1503 8/1 8AM #1504 8/4 8AM #1505 8/5 8AM #1506 8/6 8AM #1507 8/7 8AM
#1508 8/8 8AM #1509 8/11 8AM #1510 8/12 8AM #1511 8/13 8AM #1512 8/14 8AM #1513 8/15 8AM #1514
8/18 8AM #1601 8/19 8AM #1602 8/20 8AM #1603 8/21 8AM #1604 8/22 8AM #1605 8/25 8AM #1606
8/26 8AM #1607 8/27 8AM #1608 8/28 8AM #1609 8/29 8AM

America's Test Kitchen *Christmas Baking* #2511 8/1 5PM *Pork Chops and Corn Fritters, Perfected* #1821 8/2
5PM *Fish The French Way* #2512 8/4 5PM *Pub-Style Favorites* #2513 8/5 5PM *Pasta with Greens* #2514 8/6
5PM *Bold and Beefy* #2515 8/7 5PM *Bier Garten Snacks* #2516 8/8 5PM *Pork Chops for Everyone* #2517 8/11
5PM *Decadent Pasta Dishes* #2518 8/12 5PM *Spring Dinner for Two* #2519 8/13 5PM *Breakfast with a European
Accent* #2520 8/14 5PM *Caramel Delights* #2521 8/15 5PM *Unexpected Burgers* #2522 8/18 5PM *Mexican
Classics, Slow and Fast* #2523 8/19 5PM *Brunch at the Bistro* #2524 8/20 5PM #2525 8/21 5PM *Chinese
Dumplings and Soup* #2526 8/22 5PM *Chinese Classics* #1822 8/23 5PM *Grown Up Comfort Classics* #1801
8/25 5PM *Flavors of Thailand* #1802 8/26 5PM *How to Roast Everything* #1803 8/27 5PM *All Chocolate, All
The Time* #1804 8/28 5PM *Ultimate Italian* #1805 8/29 5PM *Summer Cookout* #1823 8/30 5PM

America's Test Kitchen Celebrates 25 Years 8/9 5PM, 8/10 5:30AM, 8/16 10PM

Antiques Roadshow *Palm Springs, Hour One* #2107 8/1 1AM, 8/2 5AM, 8/3 Mid *Indianapolis, Hour Three* #2106
8/1 7PM, 8/2 1AM, 8/3 5AM, 8/3 7PM, 8/4 2AM *Tucson, Hour Two* #2011 8/2 7PM *Omaha, Hour One* #2013 8/4
7PM, 8/5 1AM *Omaha, Hour Two* #2014 8/5 7PM, 8/6 1AM *Omaha, Hour Three* #2015 8/6 7PM, 8/7 1AM *Palm
Springs, Hour Three* #2109 8/7 7PM, 8/8 1AM, 8/11 1AM, 8/11 2PM *Palm Springs, Hour Two* #2108 8/8 7PM, 8/11
Mid, 8/11 1PM *Cleveland, Hour Two* #2017 8/11 7PM, 8/12 1AM *Cleveland, Hour Three* #2018 8/12 7PM, 8/13 1AM
Vintage Tampa 2019 #2318 8/13 7PM, 8/14 1AM *Salt Lake City, Hour Two* #2111 8/14 7PM, 8/15 1AM, 8/18 2PM
Salt Lake City, Hour One #2110 8/15 7PM, 8/18 1PM *Vintage Providence 2019* #2321 8/18 7PM, 8/19 1AM *Vintage
Memphis* #2322 8/19 7PM, 8/20 1AM, 8/23 7PM *Vintage Honolulu* #2416 8/20 7PM, 8/21 1AM *Virginia Beach,
Hour One* #2113 8/21 7PM, 8/22 1AM, 8/23 5AM, 8/24 Mid, 8/25 2PM *Salt Lake City, Hour Three* #2112 8/22 7PM,
8/23 1AM, 8/24 5AM, 8/24 7PM, 8/25 2:30AM, 8/25 1PM *Vintage Milwaukee 2020* #2417 8/25 7PM, 8/26 1AM
Vintage Mobile #2418 8/26 7PM, 8/27 1AM, 8/30 7PM *Vintage Philadelphia* #2419 8/27 7PM, 8/28 1AM *Virginia
Beach, Hour Three* #2115 8/28 7PM, 8/29 1AM, 8/30 5AM, 8/31 Mid *Virginia Beach, Hour Two* #2114 8/29 7PM,
8/30 1AM, 8/31 5AM, 8/31 7PM

Antiques Roadshow Recut *Crocker Art Museum, Part 1* #305 8/9 3:02AM, 8/10 11:02AM *Crocker Art Museum,
Part 2* #306 8/9 3:41AM, 8/10 11:41AM *Filoli, Part 3* #403 8/10 7:02PM *Filoli, Part 4* #404 8/10 7:41PM
Winterthur Museum, Part 1 #303 8/17 Noon *Winterthur Museum, Part 2* #304 8/17 1PM

Ask This Old House *Gutter Runoff, Replace Ceiling Fan* #2306 8/3 2:30PM *Shed Foundation, Bifold Doors* #2311
8/24 2:30PM *Gas Fireplace, Wainscoting* #2312 8/31 2:30PM

Atomic Echoes: Untold Stories from World War II 8/7 9PM, 8/8 3AM

Austin City Limits *Jason Isbell and the 400 Unit* #4906 8/3 10PM *Rodrigo y Gabriela featuring the Austin
Symphony Orchestra* #4901 8/24 10PM *Noah Kahan/Flor De Toloache* #4911 8/31 10PM

Awakening In Taos: The Mabel Dodge Luhan Story 8/21 8PM, 8/22 2AM

Baking with Julia *Italian Cookies with Nick Malgieri* #112 8/2 11:30AM, 8/19 11AM #108 8/5 11AM #109 8/7 11AM
Decorative Loaves with Steve Sullivan #110 8/12 11AM *Pecan Sticky Buns and Savory with Nancy Silverton* #111
8/14 11AM *Ladyfingers Genoese with Flo Braker* #113 8/21 11AM, 8/23 11:30AM *Croissants with Esther McManus*
#201 8/26 11AM, 8/30 11:30AM *Danish Pastry Pockets with Beatrice Ojakangas* #202 8/28 11AM



PBS KVIE

MONTHLY REPEATS

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 2 of 8

Created 8/01/25. 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.

BBC News #7002 8/1 11PM #7004 8/4 11PM #7006 8/5 11PM #7008 8/6 11PM #7010 8/7 11PM #7012 8/8 11PM #7014 8/11 11PM #7016 8/12 11PM #7018 8/13 11PM #7020 8/14 11PM #7022 8/15 11PM #7024 8/18 11PM #7026 8/19 11PM #7028 8/20 11PM #7030 8/21 11PM #7032 8/22 11PM #7034 8/25 11PM #7036 8/26 11PM #7038 8/27 11PM #7040 8/28 11PM

Benjamin Franklin Join Or Die (1706-1774) #101 8/16 4PM, 8/17 3AM *An American (1775-1790)* #102 8/16 6:30PM, 8/17 5:30AM

Best of the Joy of Painting *Snowy Morn* #3905 8/2 9:30AM *New Day's Dawn* #3915 8/4 9:30AM *Waterfall Wonder* #3916 8/5 9:30AM *Hidden Winter Moon Oval* #3917 8/6 9:30AM *Valley of Tranquility* #3918 8/7 9:30AM *Seascape Fantasy* #3919 8/11 9:30AM *Autumn Fantasy* #3920 8/12 9:30AM *Winter Bliss* #3921 8/13 9:30AM *Mountain Rhapsody* #3922 8/14 9:30AM *Wintertime Discovery* #3923 8/18 9:30AM *Haven in the Valley* #3924 8/19 9:30AM *Days Gone By* #3925 8/20 9:30AM *Winter Paradise* #3926 8/21 9:30AM *After The Rain* #3906 8/23 9:30AM *Blue River* #4001 8/25 9:30AM *Majestic Pine* #4002 8/26 9:30AM *Winter Mountain* #4003 8/27 9:30AM *Mountain at Sunset* #4004 8/28 9:30AM *Stormy Seas* #3907 8/30 9:30AM

Beyond The Canvas *Art, All Around Us* #301 8/3 6:30PM, 8/4 1:30AM

Blue - The Life and Art of George Rodrigue 8/3 9PM, 8/4 4AM

Carole King & James Taylor at the Troubadour 8/16 11:30AM, 8/17 8:30PM

Changing Planet #201 8/18 8PM, 8/19 2AM, 8/20 1PM #202 8/18 9PM, 8/19 3AM, 8/20 2PM *Coral Special* #301 8/30 8AM

Christina Cooks: Back to the Cutting Board *The 3 C's of Health-Carrots, Cauliflower and Cabbage* #208 8/5 6:30PM, 8/6 12:30AM *Rules of the Kitchen* #209 8/12 6:30PM, 8/13 12:30AM *Cook Your Way to the Life You Want* #210 8/19 6:30PM, 8/20 12:30AM *Essential Plant Proteins* #211 8/26 6:30PM, 8/27 12:30AM

Christopher Kimball's Milk Street Television *The Turkish Table* #621 8/1 4:30PM *Best Beef Stews* #622 8/4 4:30PM *Simple Cakes* #623 8/5 4:30PM *Brazilian Pizza* #624 8/6 4:30PM *A Jordanian Supper* #625 8/7 4:30PM *Weeknight Soups* #626 8/8 4:30PM *The Cooking of Colombia* #701 8/11 4:30PM *Simple Italian* #702 8/12 4:30PM *The Joy of Cooking, Jalisco-Style* #703 8/13 4:30PM *Skillet Dinners* #704 8/14 4:30PM *Chicken Three Ways* #705 8/15 4:30PM *Miso: The Magic Ingredient* #706 8/18 4:30PM *Meaty Stews* #707 8/19 4:30PM *Bundt Cake, Butter Bars & Meringue* #708 8/20 4:30PM *Cook What You Have* #709 8/21 4:30PM *The Middle Eastern Kitchen* #710 8/22 4:30PM *Best Roasted Chicken* #711 8/25 4:30PM *One-Dish Skillet Dinners* #712 8/26 4:30PM *Quick Noodles* #713 8/27 4:30PM *London: New Indian Food* #714 8/28 4:30PM *Kebab, Hummus and Date Cookies* #715 8/29 4:30PM

Classical Stretch: By Essentrics *Strengthen Hips & Improve Posture* #1504 8/1 5:30AM, 8/18 7:30AM *Glute & Hip Stretch* #1411 8/1 7:30AM *Full Body Alignment* #1505 8/4 5:30AM, 8/19 7:30AM *Spine Flexibility* #1412 8/4 7:30AM *Energy Boosting* #1506 8/5 5:30AM, 8/20 7:30AM *Glute Toning* #1413 8/5 7:30AM *Firm & Strengthen Your Butt* #1507 8/6 5:30AM, 8/21 7:30AM *Hip Strengthening* #1414 8/6 7:30AM *Full Body Flexibility* #1508 8/7 5:30AM, 8/22 7:30AM *Zero Impact Cardio* #1415 8/7 7:30AM *Back Pain Relief* #1509 8/8 5:30AM, 8/25 7:30AM *Hip & Glute Strengthening* #1416 8/8 7:30AM *Full Body Workout with a Focus on the Upper Body* #1510 8/11 5:30AM, 8/26 7:30AM *Improve Your Balance* #1417 8/11 7:30AM *Pain Relief for the Back & Knees* #1511 8/12 5:30AM, 8/27 7:30AM *Waist Toning* #1418 8/12 7:30AM *Back Pain Relief* #1512 8/13 5:30AM, 8/28 7:30AM *Full Body Workout* #1501 8/13 7:30AM *Waist Slenderizing* #1513 8/14 5:30AM, 8/29 7:30AM *Improve Your Posture* #1502 8/14 7:30AM *Fantastic Core* #1514 8/15 5:30AM *Stretch Your Spine* #1503 8/15 7:30AM *Spinal Fascia* #1515 8/18 5:30AM *Hip Pain Relief & Stretch* #1516 8/19 5:30AM *Shoulder Pain* #1517 8/20 5:30AM *Stress Relieving Workout* #1518 8/21 5:30AM *Upper Back & Posture* #1519 8/22 5:30AM *Relieve Neck Pain* #1520 8/25 5:30AM *Stress Release* #1521 8/26 5:30AM *Hip and Glute Flexibility* #1522 8/27 5:30AM *Ab and Waist Strengthening* #1523 8/28 5:30AM *Hamstring Stretch* #1524 8/29 5:30AM

Classical Tahoe #201 8/31 5PM

Cook's Country *The Best Diner Food* #1613 8/1 5:30PM *Italian Comfort Food* #1308 8/2 5:30PM *French-Inspired Dinner* #1614 8/4 5:30PM *Sausages and Salad* #1615 8/5 5:30PM *North Carolina Barbecue* #1701 8/6 5:30PM *Inspired By Japanese Immigrants* #1702 8/7 5:30PM *Unexpected Beef and Potatoes* #1703 8/8 5:30PM *Mexican American Comfort Food* #1704 8/11 5:30PM *Southwestern Vegetarian Fare* #1705 8/12 5:30PM *Spiced Chicken Dinners* #1706 8/13 5:30PM *A Bold Brunch* #1707 8/14 5:30PM *From The Indigenous Pantry* #1708 8/15 5:30PM *Darn Good Desserts* #1709 8/18 5:30PM *Short Ribs and Baked Potatoes* #1710 8/19 5:30PM #1711 8/20 5:30PM

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 3 of 8

Created 8/01/25. 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.

#1712 8/21 5:30PM #1713 8/22 5:30PM *Chicken and Biscuits* #1309 8/23 5:30PM #1714 8/25 5:30PM #1715 8/26 5:30PM *Snack Cake and Sandwich Cookies* #1716 8/27 5:30PM *Italian Food from Philly* #1717 8/28 5:30PM *Seafood in a Skillet* #1718 8/29 5:30PM *Pennsylvania Dutch Country* #1310 8/30 5:30PM
Craft In America *Quilts* #1101 8/14 1PM *Identity* #1102 8/14 2PM *California* #1001 8/18 3AM *Visionaries* #1002 8/18 4AM *Storytellers* #1201 8/21 1PM *Democracy* #1202 8/21 2PM *Harmony* #1301 8/28 1PM *Jewelry* #1302 8/28 2PM
Curious Traveler *Netherlands' Curious Unesco* #605 8/2 1:30PM *Curious Dijon & Beaune* #606 8/23 1:30PM *Estonia's Curious Culture & Traditions* #607 8/30 1:30PM
Deconstructing The Beatles 8/9 9PM *Deconstructing Rubber Soul* #102 8/17 6:30PM
Discovering Maggie Smith 8/17 8AM, 8/17 5:30PM
DW Focus On Europe #4332 8/3 7:30AM #4335 8/24 7:30AM #4336 8/31 7:30AM
DW In Good Shape - The Health Show *How to Lose Weight Healthily and Long Time* #1232 8/3 6AM #1235 8/24 6AM #1236 8/31 6AM
Earth's Natural Wonders *Extreme Wonders* #101 8/11 Noon, 8/14 Noon *Wonders of Water* #102 8/12 Noon, 8/15 Noon *Living Wonders* #103 8/13 Noon
Earth's Natural Wonders - Life at the Extremes *Surviving The Extreme* #201 8/18 Noon, 8/21 Noon *Surviving with Animals* #202 8/19 Noon, 8/22 Noon *Surviving Against The Odds* #203 8/20 Noon
Easy Yoga: The Secret to Strength and Balance with Peggy Cappy 8/17 9:30AM
Endeavour On Masterpiece *Season 8: Striker* #5226 8/23 9PM, 8/24 2AM *Season 8: Scherzo* #5227 8/30 9PM, 8/31 2AM
Energy Switch *Energy for Africa* #406 8/3 9:30AM *Sea Level Rise* #407 8/24 9:30AM *Critical Risks to Energy Systems* #408 8/31 9:30AM
England Made with Love 8/16 10AM
Epic Trails *Backpacking The Grand Canyon - Part 1* #305 8/3 4PM *Backpacking The Grand Canyon - Part 2* #306 8/24 4PM *Backpacking Rwanda* #307 8/31 4PM
Epic Train Journeys from Above *The Glacier Express* #101 8/24 9PM, 8/25 4:30AM *Canada's Wilderness Railroad* #102 8/31 9PM
Finding Your Roots *Mean Streets* #1008 8/2 6PM, 8/2 10:30PM, 8/3 3:30AM, 8/3 8PM, 8/4 3AM *Dreamers One and All* #1104 8/11 4AM, 8/12 1PM *Viewers Like You* #1010 8/23 6PM, 8/24 8PM, 8/25 3:30AM, 8/26 1PM *La Famiglia* #1102 8/30 6PM, 8/31 8PM
Firing Line with Margaret Hoover #905 8/1 8PM, 8/2 2AM, 8/3 8:30AM #906 8/8 8PM #907 8/15 8PM #908 8/22 8PM, 8/23 2AM, 8/24 8:30AM #909 8/29 8PM, 8/30 2AM, 8/31 8:30AM
Fit 2 Stitch *Diane Von Frustenber* *The Classic Wrap Dress* #909 8/4 10:30AM *Guest Designer - Guest from Stanley Korshak - Julie Cohn* #910 8/6 10:30AM *Guest Designer - Sai Sankoh from Dallas, TX* #911 8/11 10:30AM *Veronica Beard / Donna Karan* #912 8/13 10:30AM *Chanel History and Construction of the famous Chanel Jacket* #913 8/18 10:30AM *Interior Design with Pillows* #1001 8/20 10:30AM *The Ins and Outs of Draperies* #1002 8/25 10:30AM *Perfecting A Suit Sleeve* #1003 8/27 10:30AM
Fons & Porter's Love of Quilting *Applique Frayed-Edge Style* #4309 8/1 10AM *Piecing with Patriotic Panels* #4310 8/4 10AM *Peppered Cotton Bed Quilt* #4311 8/6 10AM *Quilting Ghost Blocks* #4312 8/8 10AM *Dimensional Patchwork Pinwheel* #4313 8/11 10AM *Chocolate Cherry Pie* #4401 8/13 10AM *Heartfall* #4402 8/15 10AM *Rainbow Geese* #4403 8/18 10AM *Embroidered Spiral Quilting* #4404 8/20 10AM *Secret Meadow, Part 1* #4405 8/22 10AM *Secret Meadow, Part 2* #4406 8/25 10AM *A Bounty of Bindings* #4407 8/27 10AM *Brilliance* #4408 8/29 10AM
FRONTLINE *Remaking The Middle East: Israel Vs. Iran* #4405 8/1 3AM
Garden SMART *Choosing Plants for Inside and Outside* #7810 8/5 9AM *Consulting with a Woody Ornamental Expert* #7811 8/7 9AM *Accent Plants, Watering, Lighting and Edging* #7812 8/12 9AM *Containers, Indoor/Outdoor Furniture and Grilling* #7813 8/14 9AM *The Ultimate Harbinger of Spring* #7901 8/19 9AM *Local Gardening Experts In Your Area* #7902 8/21 9AM *Pollinators Affect Our Lives - Tips For Attracting Them To Our Garden Space* #7903 8/26 9AM *Great Gardening Lessons from Cleveland* #7904 8/28 9AM
Good Karma Hospital *Season 1, Episode 3* #103 8/6 8PM, 8/7 2AM *Season 1, Episode 4* #104 8/6 8:45PM, 8/7 2:45AM *Season 1, Episode 5* #105 8/13 8PM, 8/14 2AM *Season 1, Episode 6* #106 8/13 8:44PM, 8/14 2:44AM

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 4 of 8

Created 8/01/25. 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.

Season 2, Episode 1 #201 8/27 8PM, 8/28 2AM *Season 2, Episode 2* #202 8/27 8:46PM, 8/28 2:46AM
Great Performances *Movies for Grownups Awards with AARP The Magazine 2025* #5202 8/20 8PM, 8/21 2AM
Vienna Philharmonic Summer Night Concert 2025 #5209 8/29 9PM, 8/30 2:30AM *Now Hear This | Schumann: Genius and Madness* #4804 8/31 6PM
Great Performances at the Met *Turandot* #1608 8/24 4:30PM, 8/25 Mid
Great Scenic Railway Journeys 30th Anniversary Special 8/10 2:30PM
Gzero World with Ian Bremmer *The Great Trade-Off* #805 8/1 8:30PM, 8/2 2:30AM #806 8/8 8:30PM #807 8/15 8:30PM #808 8/22 8:30PM, 8/23 2:30AM #809 8/29 8:30PM
Happy Yoga with Sarah Starr *Majestic Desert* #904 8/1 7AM *Lake Forest* #905 8/4 7AM *Flowering Sunset* #906 8/5 7AM *Ocean Breeze* #907 8/6 7AM *Summer Sunflower Storm* #908 8/7 7AM *Sunset Bloom* #909 8/8 7AM *Peaceful Lake Beauty* #910 8/11 7AM *Sunset Haven* #1001 8/12 7AM *Golden Sunflowers* #1002 8/13 7AM *Mountain Lake* #1003 8/14 7AM *Seascape Sky* #1004 8/15 7AM *Rolling Hills* #1005 8/18 7AM
Atmospheric Ocean View #1006 8/19 7AM *Desert Spring* #1007 8/20 7AM *Poppy Lake* #1008 8/21 7AM *Ocean Inspiration* #1009 8/22 7AM *Spring Meadow* #1010 8/25 7AM *Forest Cove* #101 8/26 7AM *Majestic Golden Fields* #102 8/27 7AM *Desk Jockey Gentle Yoga* #103 8/28 7AM *Seascapes* #104 8/29 7AM
Henry Louis Gates, Jr. - The Fabric of America 8/9 11AM, 8/10 8:30PM, 8/16 Mid
History Detectives #1007 8/3 11PM #1008 8/24 11PM #1009 8/31 11PM
Homemade Live! *Cookbook Club* #209 8/4 6PM, 8/5 Mid *Momma Cooks Best* #210 8/11 6PM, 8/12 Mid *Talking Turkey* #301 8/18 6PM, 8/19 Mid *Feel Good Feasts* #302 8/25 6PM, 8/26 Mid
Hotel Portofino *Comings Together* #203 8/1 1PM *Contortions* #204 8/1 2PM *Subterfuges* #205 8/8 1PM
Farewells #206 8/8 2PM
Human Footprint *Vanishing Act* #206 8/2 8AM
Hymn for Peace: The Ukrainian Freedom Orchestra performs Beethoven's Ninth Symphony 8/3 5PM, 8/4 Mid
In Julia's Kitchen with Master Chefs *Carol Field* #119 8/1 11AM *Johanne Killeen and George Germon* #118 8/2 11AM *Michael Lomonaco* #120 8/4 11AM *Monique Barbeau* #121 8/6 11AM *Jacques Torres* #122 8/8 11AM *Alfred Portale* #123 8/11 11AM *Mark Militello* #124 8/13 11AM *Julian Serrano* #125 8/15 11AM *Joachim Splichal* #126 8/18 11AM *Lynne Rossetto Kasper and Roberto Donna* #127 8/20 11AM, 8/23 11AM *Jimmy Sneed* #128 8/22 11AM *Rick Bayless* #129 8/25 11AM *Johanne Killeen, George Germon, and Christopher Gross* #130 8/27 11AM, 8/30 11AM *Daniel Boulud and Gordon Hamersley* #131 8/29 11AM
It's Sew Easy *Man Talk* #2007 8/2 10:30AM *Change Is Good* #2009 8/5 10:30AM *Playful Pants* #2010 8/7 10:30AM *Stitch It Up* #2011 8/12 10:30AM *I've Got A Notion* #2012 8/14 10:30AM *Perfection* #2013 8/19 10:30AM, 8/23 10:30AM *Let's Get Started* #2101 8/21 10:30AM *Necessities* #2102 8/26 10:30AM, 8/30 10:30AM
Seams and Facings #2103 8/28 10:30AM
Joanne Weir's Plates and Places *Very Viennese* #411 8/2 4:30PM *Fabulous Francis* #412 8/23 4:30PM
Persimmons, Prosciutto & Friends! #413 8/30 4:30PM
Joseph Rosendo's Travelscope *Taiwan - Iron Pathways to Adventure - Part 1* #801 8/1 Mid *Taiwan Matsu Festival & Islands* #1003 8/2 1PM *Taiwan - Iron Pathways to Adventure - Part 2* #802 8/7 6PM, 8/8 Mid
Uncovering South Korea #803 8/14 6PM, 8/15 Mid *San Francisco's Changing Neighborhoods* #804 8/21 6PM, 8/22 Mid *Myanmar Irrawaddy River Adventure* #1004 8/23 1PM *Adventures In California's Tri-Valley* #805 8/28 6PM, 8/29 Mid *Christmas Celebrations Around The Globe* #1005 8/30 1PM
Joy of Painting with Nicholas Hankins *Crisp Day in the Valley* #201 8/1 9:30AM *Nolichucky Summertime* #202 8/8 9:30AM *Winter Among The Pines* #203 8/15 9:30AM *New Smyrna Sunrise* #204 8/22 9:30AM *Leconte Summit* #205 8/29 9:30AM
J Schwanke's Life In Bloom *Out on a Limb with Fruit and Flowers* #107 8/1 9AM *Flower Power* #108 8/4 9AM *All Foliage: Living Green* #109 8/6 9AM *A Flower Arranger's Best Friend* #110 8/8 9AM *The Art of Flowers* #111 8/11 9AM *Terrariums: Life Under Glass* #112 8/13 9AM *Demystifying Orchids* #113 8/15 9AM *Arrangements from the Garden* #201 8/18 9AM *From Farm to Plate & Vase* #202 8/20 9AM *Beauty from the Flower Farm* #203 8/22 9AM *The Gift of the Forest* #204 8/25 9AM *Traditional Japanese Flower Arts* #205 8/27 9AM *The Garden, Contained* #206 8/29 9AM
Ken Burns: Country Music 8/9 12:30PM



PBS KVIE

MONTHLY REPEATS

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 5 of 8

Created 8/01/25. 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.

Ken Burns: The National Parks 8/17 1AM, 8/17 10PM

Kitchen Queens: New Orleans *Creole New Orleans* #101 8/13 6:30PM, 8/14 12:30AM *Fit for a Queen* #102 8/20 6:30PM, 8/21 12:30AM *Culinary Roots* #103 8/27 6:30PM, 8/28 12:30AM

Knit and Crochet Now *Perk It Up Accent Pillows!* #1304 8/1 10:30AM *Filled with Texture Baby Blankets!* #1305 8/8 10:30AM *A Sense of Style Pullovers* #1306 8/15 10:30AM *Gnomes Through The Year* #1307 8/22 10:30AM *Chic Hand Warmers!* #1308 8/29 10:30AM

Les Miserables On Masterpiece *Episode Five* #4922 8/2 8PM, 8/3 1AM *Episode Six* #4923 8/2 9:03PM, 8/3 2:03AM

Les Stroud's Wild Harvest *Milk Cap Mushrooms* #309 8/5 6PM, 8/6 Mid *Wood Apple* #310 8/12 6PM, 8/13 Mid *Banana Blossom* #311 8/19 6PM, 8/20 Mid *Balsam Root & Sagebrush* #201 8/26 6PM, 8/27 Mid

Lidia Celebrates America *Changemakers* #1101 8/11 3AM, 8/22 9PM, 8/23 3AM

Lidia's Kitchen *Take The Time* #1223 8/2 Noon *A Frugal Feast* #1224 8/23 Noon *Dream of Summer* #1225 8/30 Noon

Lucky Chow *Tasting Nostalgia* #503 8/3 11:30AM *Drinking Culture* #504 8/24 11:30AM *Chasing The Dream* #505 8/31 11:30AM

Lucy Worsley Investigates *Princes in the Tower* #101 8/15 1PM, 8/18 Mid *Madness of King George* #102 8/15 2PM, 8/18 1AM *The Black Death* #103 8/22 1PM *The Witch Hunts* #104 8/22 2PM *The Gunpowder Plot* #203 8/29 1PM *Bloody Mary* #204 8/29 2PM

Lucy Worsley's Royal Photo Album 8/8 Noon

Mannheim Steamroller 30/40 Live 8/16 1PM

MaryLand On Masterpiece *Episode 1* #5423 8/23 8PM, 8/24 1AM *Episode 2* #5424 8/30 8PM, 8/31 1AM

Miss Friman's War *Episode 5* #105 8/5 9PM, 8/6 3AM *Episode 6* #106 8/12 9PM, 8/13 3AM *Episode 1* #201 8/19 9PM, 8/20 3AM *Episode 2* #202 8/26 9PM, 8/27 3AM

MotorWeek 2025 *Polestar 3* #4448 8/2 9AM 2025 *Bentley Continental Gt* #4451 8/23 9AM 2025 *Ford Maverick* #4452 8/30 9AM

My Lai: American Experience #2206 8/26 2PM

Nature *American Horses* #4008 8/9 9:30AM *The Hummingbird Effect* #4107 8/11 8PM, 8/12 2AM, 8/13 1PM, 8/16 7:30AM, 8/16 2:30PM, 8/17 7PM, 8/23 6AM *The Platypus Guardian* #4201 8/25 8PM, 8/26 2AM, 8/27 1PM, 8/30 6AM

Newsline #16025 8/1 11:30PM #16026 8/4 11:30PM #16027 8/5 11:30PM #16028 8/6 11:30PM #16029 8/7 11:30PM #16030 8/8 11:30PM #16041 8/25 11:30PM #16042 8/26 11:30PM #16043 8/27 11:30PM #16044 8/28 11:30PM #16045 8/29 11:30PM

NHK Newsline #25159 8/11 11:30PM #25160 8/12 11:30PM #25161 8/13 11:30PM #25162 8/14 11:30PM #25163 8/15 11:30PM #25164 8/18 11:30PM #25165 8/19 11:30PM #25166 8/20 11:30PM #25167 8/21 11:30PM #25168 8/22 11:30PM

NHK World - Japan Special Program #25159 8/11 11:45PM #25160 8/12 11:45PM #25161 8/13 11:45PM #25162 8/14 11:45PM #25163 8/15 11:45PM #25164 8/18 11:45PM #25165 8/19 11:45PM #25166 8/20 11:45PM #25167 8/21 11:45PM #25168 8/22 11:45PM

NOVA *Rise of the Mammals* #4617 8/2 7AM *Ancient Maya Metropolis* #4822 8/4 9PM, 8/5 3AM *Ancient Builders of the Amazon* #5003 8/11 9PM, 8/12 3AM, 8/13 2PM, 8/23 7AM *Lost Tombs of Notre Dame* #5118 8/25 9PM, 8/26 3AM, 8/27 2PM, 8/30 7AM

Outside: Beyond The Lens *Alaska's Kenai River* #301 8/3 4:30PM *Utah's Zion and Bryce National Parks* #302 8/31 4:30PM

Pati's Mexican Table *Mex'd Up American Regional Favorites* #713 8/2 12:30PM *Tijuana's Culinary Revolution* #701 8/3 10AM *Surfside Eats* #810 8/6 6PM, 8/7 Mid *A Day In Sinaloa's Countryside* #811 8/13 6PM, 8/14 Mid *Home Cooking Sinaloa Style* #812 8/20 6PM, 8/21 Mid *A Local's Tour of Culiacan* #801 8/23 12:30PM *Tijuana: Stories from the Border* #702 8/24 10AM *How Do You Say Tucson?* #813 8/27 6PM, 8/28 Mid *Altata, Hidden Gem by the Sea of Cortez* #802 8/30 12:30PM *Ensenada's Epic Seafood* #703 8/31 10AM

PBS News Hour #15024 8/1 3PM, 8/1 10PM #15025 8/4 3PM, 8/4 10PM #15026 8/5 3PM, 8/5 10PM #15027 8/6 3PM, 8/6 10PM #15028 8/7 3PM, 8/7 10PM #15029 8/8 3PM, 8/8 10PM #15030 8/11 3PM, 8/11 10PM #15031 8/12 3PM, 8/12 10PM #15032 8/13 3PM, 8/13 10PM #15033 8/14 3PM, 8/14 10PM #15034 8/15 3PM,

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 6 of 8

Created 8/01/25. 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.

8/15 10PM #15035 8/18 3PM, 8/18 10PM #15036 8/19 3PM, 8/19 10PM #15037 8/20 3PM, 8/20 10PM #15038
8/21 3PM, 8/21 10PM #15039 8/22 3PM, 8/22 10PM #15040 8/25 3PM, 8/25 10PM #15041 8/26 3PM, 8/26
10PM #15042 8/27 3PM, 8/27 10PM #15043 8/28 3PM, 8/28 10PM #15044 8/29 3PM, 8/29 10:30PM

PBS News Weekend #2409 8/2 3PM #2410 8/3 3PM #2415 8/23 3PM #2416 8/24 3PM #2417 8/30 3PM
#2418 8/31 3PM

Pictures from a Hiroshima Schoolyard 8/7 8PM, 8/8 2AM

Pompeii: The New Dig House of Treasures #104 8/23 8AM

POV The Song of the Butterflies #3406 8/14 9PM, 8/15 3AM

Professor T Ring of Fire #201 8/4 Noon The Mask Murders #202 8/4 1PM The Family #203 8/4 2PM Dna of a
Murderer #204 8/5 Noon The Trial #205 8/5 1PM Swansong #206 8/5 2PM Heir to the Throne #301 8/6 Noon
The Perfect Picture #302 8/6 1PM Truth and Justice #303 8/6 2PM A Little Drop of Poison #304 8/7 Noon
The Conference #305 8/7 1PM Attachment Issues #306 8/7 2PM

Quilting Arts Let's Go! #2908 8/2 10AM Paint and Dye #2910 8/5 10AM Surface Design Sampler #2911 8/7
10AM Artful Imagery #2912 8/12 10AM Exploring Color #2913 8/14 10AM Innovate! #3001 8/19 10AM, 8/23
10AM Quilting By Machine #3002 8/21 10AM Explore Design with Drawing and Color #3003 8/26 10AM, 8/30
10AM Applique Two Ways #3004 8/28 10AM

Reba McEntire: My Chains Are Gone: Hymns and Gospel Favorites 8/10 7AM

Reconnecting Roots Hollywood: The Imagine Nation #308 8/2 11:30PM, 8/3 4:30AM

Rick Steves' Europe European Travel Skills, Part II #713 8/2 2:30PM European Travel Skills, Part III #714 8/23
2:30PM Western Turkey #801 8/30 2:30PM

Rick Steves Fascism In Europe 8/17 4PM

Rick Steves Why We Travel 8/17 9AM

Rob on the Road Museum of Science and Curiosity #1111 8/6 9:32PM, 8/7 3:32AM Region Rising - Siemens Trains
#1305 8/13 9:30PM, 8/14 3:30AM Rob at Home - Region Rising: Mental Health #1408 8/27 9:33PM, 8/28 3:33AM

Samantha Brown's Places to Love Orange County, California #111 8/1 12:30AM Savannah, Georgia #606 8/2
2PM Montreal, Canada #112 8/7 6:30PM, 8/8 12:30AM Oregon Rv Trip #113 8/14 6:30PM, 8/15 12:30AM Hong
Kong, China #201 8/21 6:30PM, 8/22 12:30AM California Road Trip #607 8/23 2PM Greater Palm Springs, Ca
#202 8/28 6:30PM, 8/29 12:30AM Chattanooga, Tennessee #608 8/30 2PM

Sanditon On Masterpiece Episode Five #5005 8/5 8PM, 8/6 2AM Episode Six #5006 8/12 8PM, 8/13 2AM

Episode Seven #5007 8/19 8PM, 8/20 2AM Episode Eight, Season Finale #5008 8/26 8PM, 8/27 2AM

Sara's Weeknight Meals Spot Prawns Vancouver #1104 8/4 6:30PM, 8/5 12:30AM Six Ingredient Meals #1105
8/11 6:30PM, 8/12 12:30AM Holiday Sweets #1106 8/18 6:30PM, 8/19 12:30AM The World in a Meatball #1107
8/25 6:30PM, 8/26 12:30AM

Sit and Be Fit #1010 8/1 5AM Tone and Stretch #1709 8/1 6:30AM #1101 8/4 5AM Balance Your Body #1710
8/4 6:30AM #1102 8/5 5AM Muscle Isolations #1801 8/5 6:30AM #1103 8/6 5AM Grow Strong Effortlessly
#1802 8/6 6:30AM #1104 8/7 5AM Head to Toe - Tone, Stretch & Strengthen #1803 8/7 6:30AM #1105 8/8
5AM Pulse, Press, Pull-Up #1804 8/8 6:30AM #1106 8/11 5AM Warm Up, Circulate, Strengthen & Stretch #1805
8/11 6:30AM #1107 8/12 5AM Functional Feel-Good Exercises #1806 8/12 6:30AM #1108 8/13 5AM Breathing,
Posture and Balance #1807 8/13 6:30AM #1109 8/14 5AM Exercise Potpourri #1808 8/14 6:30AM #1110 8/15
5AM Core Strength and Yoga Inspired Exercises #1809 8/15 6:30AM Core Strengthening #1201 8/18 5AM Fun
Exercises for the Core and More #1810 8/18 6:30AM Healthy Aging #1202 8/19 5AM Overall Functional Fitness
#1901 8/19 6:30AM Exercise Is Fun #1203 8/20 5AM Working The Core and More #1902 8/20 6:30AM Strength
Coordination #1204 8/21 5AM All-Seated Workout #1903 8/21 6:30AM Reaction Time #1205 8/22 5AM Building
Exercise Awareness #1904 8/22 6:30AM Balance Strategies #1905 8/25 6:30AM March Your Way to Fitness
#1207 8/26 5AM Release Fascial Tension #1906 8/26 6:30AM Pelvic Floor #1208 8/27 5AM Slow Gentle
Movements #1907 8/27 6:30AM Posture and Breathing #1209 8/28 5AM Head to Toe Fitness #1908 8/28
6:30AM Facial Exercises #1210 8/29 5AM Spinal Flexibility #1909 8/29 6:30AM

Social Security & You with Mary Beth Franklin 8/10 1:30AM

Steve & Eydie: Memories of My Mom and Dad (My Music Presents) 8/9 4:30AM, 8/10 10PM

Surviving The Dust Bowl: American Experience Surviving The Dust Bowl #1008 8/21 9PM, 8/22 3AM

Table for All with Buki Elegbede On The Water #206 8/6 6:30PM, 8/7 12:30AM

**PBS KVIE****MONTHLY REPEATS**

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 7 of 8

Created 8/01/25. 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.

tasteMAKERS *Triple J Shrimp* #301 8/5 4PM *Hildebrand Farms Dairy* #302 8/7 4PM *Dale Hollow Winery* #303 8/12 4PM *Mo Hives* #304 8/14 4PM *Homie Hospitality* #305 8/19 4PM *Bold Spoon Creamery* #306 8/21 4PM *Adam Puchta Winery* #401 8/26 4PM *Yoli Tortilleria* #402 8/28 4PM

Taste of History *Handmade: Crafts of the 18th Century* #910 8/1 4PM *The Great Smoky Mountains* #1206 8/2 4PM *Rochambeau's Revolutionary Road* #911 8/4 4PM *A Sentimental Journey Through Nicaragua* #912 8/6 4PM *Best of Jamaica* #913 8/8 4PM *Jam-Asian Fusion* #1001 8/11 4PM *Penn's Personal Brewery* #1002 8/13 4PM *America's First Penitentiary* #1003 8/15 4PM *Camden & The Controversial Quaker* #1004 8/18 4PM *Salt Cay: The Island That Time Forgot* #1005 8/20 4PM *Southern Fare at Rattle & Snap* #1006 8/22 4PM *Bustling Bent's Fort* #1207 8/23 4PM *The Tex-Mex Republic* #1007 8/25 4PM *Washington's Winter Headquarters* #1008 8/27 4PM *Bourbon: The True American Spirit* #1009 8/29 4PM *Maryland Wine* #1208 8/30 4PM

Tell Me More with Kelly Corrigan *Lisa Feldman Barrett* #408 8/3 9AM *Selma Blair* #409 8/24 9AM *Cecile Richards* #410 8/31 9AM

The Amazing Human Body *Grow* #101 8/25 Noon, 8/28 Noon *Survive* #102 8/26 Noon, 8/29 Noon *Learn* #103 8/27 Noon

The American Revolution: An Inside Look 8/9 4PM, 8/10 8:30AM, 8/16 9AM

The Brain-Gut Connection with Dr. Emeran Mayer 8/10 Mid

The Fab Four: The Ultimate Beatles Tribute 8/9 8PM, 8/10 3AM, 8/16 9PM

The Great American Recipe *The Grand Finale* #308 8/1 Noon *A Taste of the Best* #404 8/1 9PM, 8/2 3AM *A Taste Down Memory Lane* #405 8/8 9PM, 8/11 2AM *The Grand Finale* #406 8/15 9PM, 8/18 2AM

The Hook 8/3 Noon

The Jazzy Vegetarian *Vegan Bake-A-Thon* #609 8/3 10:30AM *Bollywood Kitchen* #610 8/24 10:30AM *Wow! Weekend Brunch* #611 8/31 10:30AM

The Lawrence Welk Show *Hits By Famous Groups (Kathie Sullivan)* #1950 8/1 6PM, 8/2 Mid *Concert in the Park (Guy Hovis)* #1951 8/8 6PM *Salute to Our Senior Citizens (Bobby Burgess)* #1952 8/15 6PM *Youmans Salute* #2001 8/22 6PM, 8/23 Mid *Italian Show* #2002 8/29 6PM, 8/30 Mid

The Paris Murders *One for Everyone* #201 8/23 11PM, 8/24 4AM *Russian Doll* #202 8/30 11PM, 8/31 4AM

This Old House *Paradise | Out of the Ashes* #3914 8/1 8:30AM, 8/1 11:30AM *Nashville | Vince Gill's Nashville* #4606 8/3 2PM *Paradise | No Pain No Gain* #3915 8/4 8:30AM, 8/4 11:30AM *Paradise | Paradise Strong* #3916 8/5 8:30AM, 8/5 11:30AM *Project Interrupted* #4205 8/6 8:30AM, 8/6 11:30AM *New Light In Old Windows* #4206 8/7 8:30AM, 8/7 11:30AM *Chimney Straightener* #4207 8/8 8:30AM, 8/8 11:30AM *Back to Narragansett* #4208 8/11 8:30AM, 8/11 11:30AM *Upgrading Old School* #4209 8/12 8:30AM, 8/12 11:30AM *Outside Details* #4210 8/13 8:30AM, 8/13 11:30AM *Design Elements* #4211 8/14 8:30AM, 8/14 11:30AM *Pizza Time* #4212 8/15 8:30AM, 8/15 11:30AM *Narragansett Windows* #4213 8/18 8:30AM, 8/18 11:30AM *Cold Weather Landscape* #4214 8/19 8:30AM, 8/19 11:30AM *Tommy's in the Kitchen* #4215 8/20 8:30AM, 8/20 11:30AM *A Queen Anne Revival* #4216 8/21 8:30AM, 8/21 11:30AM *Return to Dorchester* #4217 8/22 8:30AM, 8/22 11:30AM *Ridgewood | Colonial Revival Revived* #4611 8/24 2PM *3 Decker Heaven* #4218 8/25 8:30AM, 8/25 11:30AM *House Fire Reclamation* #4219 8/26 8:30AM, 8/26 11:30AM *Urban Oasis* #4220 8/27 8:30AM, 8/27 11:30AM *A Project for Every Floor* #4221 8/28 8:30AM, 8/28 11:30AM *Three of Everything* #4222 8/29 8:30AM, 8/29 11:30AM *Ridgewood | Walled In Science* #4612 8/31 2PM

Today's Wild West #501 8/24 Noon #502 8/31 Noon

To Dine for with Kate Sullivan *Gitanjali Rao, Inventor* #204 8/2 3:30PM *Katori Hall, Playwright* #205 8/23 3:30PM *Erik Weihenmayer, Athlete* #206 8/30 3:30PM

Tommy Emmanuel (CGP): Live at the Sydney Opera House 8/9 10:30PM, 8/16 3:30AM

Tractor Wars 8/9 8AM, 8/10 4AM

Travels with Darley *Delaware Revolutionary Road Trip* #1205 8/3 12:30PM *North Carolina Revolutionary Road Trip* #1206 8/24 12:30PM *New Jersey Revolutionary Road Trip Part IV* #1207 8/31 12:30PM

Under The Streetlamp: Rockin' 'round The Clock 8/9 2:30PM, 8/10 9:30AM, 8/16 11:30PM, 8/17 10:30AM

Volunteer Woodworker *Lifetime of Craftsmanship* #105 8/3 1PM *Every Piece Tells A Story* #106 8/24 1PM *Art As Therapy* #107 8/31 1PM

Walking with Dinosaurs *The Journey North* #105 8/2 6AM *Island of Giants* #106 8/4 8PM, 8/5 2AM

Walking with Dinosaurs: A Viewer's Guide 8/9 6:30AM, 8/16 5AM



PBS KVIE

MONTHLY REPEATS

August 2025 — KVIE2
Programs Alpha Order All Broadcasts
Page 8 of 8

Created 8/01/25. 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.

Washington Week with the Atlantic #6505 8/3 8AM #6508 8/24 8AM #6509 8/31 8AM
Wild Nevada *Best of Season 5* #512 8/3 3:30PM *Avi Kwa* #601 8/24 3:30PM *Cedarville to Tripoint Trail* #602 8/31 3:30PM
Women of World War II: The Untold Stories 8/9 6:30PM
Woodsmith Shop *Shop Station* #1712 8/3 1:30PM *Special Guest: Char Miller-King* #1713 8/24 1:30PM *Just Right Workbench* #1801 8/31 1:30PM
WWII Mega Weapons *The Tunnels of Okinawa* #101 8/19 1PM *Battleship Yamato* #102 8/19 2PM
Yan Can Cook: Spice Kingdom *Tea Time!* #104 8/3 11AM *The Voice of the Mountain* #105 8/24 11AM *That Which Sustains Life* #106 8/31 11AM
Yellowstone Symphony 8/16 6:30AM
Yoga In Practice *Simplicity, Patience, Compassion - Chair Yoga* #302 8/1 6AM *What Makes You Come Alive?* #303 8/4 6AM *A Moving Meditation - Gravity and Direction* #304 8/5 6AM *With Each Step I Arrive* #305 8/6 6AM *Learning to Take A Leap* #306 8/7 6AM *Open, Steady, and Patient* #307 8/8 6AM *Becoming Your Best Self* #308 8/11 6AM *Lather, Rinse, Repeat* #309 8/12 6AM *I Like Who I Become When I Try* #310 8/13 6AM *Plant A Good Garden* #311 8/14 6AM *From The Complex to the Simple - Chair Yoga* #312 8/15 6AM *The Sweetness of Learning to Let Go - Restorative Yoga* #313 8/18 6AM *Love Yourself As You Are* #401 8/19 6AM *How to Get Going* #402 8/20 6AM *It's Not What You do, But How You Do It* #403 8/21 6AM *The Delight of Freedom* #404 8/22 6AM *Seeking Balance* #405 8/25 6AM *Interdependence* #406 8/26 6AM *Reset Your Emotional Circuit Breaker* #407 8/27 6AM *Savoring The Gifts* #408 8/28 6AM *Refining and Evolving* #409 8/29 6AM