



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ <u>Yin Yoga for Digestive Health (30 mins)</u> ●	² <u>Myofascial Release for Hamstrings (15 mins)</u>	³ <u>Restorative Yoga to Relax & Unwind (35 mins)</u>	⁴ <u>Yinspired Yoga for the Back Body (35 mins)</u>	⁵ <u>Get Twisty Yin Yoga Snack Digestive Boost (15 mins)</u>	⁶ <u>Meditation to Balance Chakras (20 mins)</u>
⁷ <u>Yin Yoga for Liver & Gallbladder Meridians (50 mins)</u>	⁸ <u>Wrist Free (options) Slow Flow Yoga for Ab & Core Strength (35 mins)</u> ●	⁹ <u>Restorative Yoga Snack for Deep Sleep (20 mins)</u>	¹⁰ <u>Yin Yoga for Liver Health Hips, Legs, & Side Body (35 mins)</u>	¹¹ <u>Hip to be Square(d) Yoga for Happy Hips (15 mins)</u>	¹² <u>Yin Yoga for Anger & Frustration Liver Meridian Hips & Legs (50 mins)</u>	¹³ <u>Meditation for Balance & Grounding (15 mins)</u>
¹⁴ NEW <u>15 Minute Bedtime Yoga for Hips</u>	¹⁵ <u>Full Body Yin Yoga for Tin Men & Women (45 mins)</u> ●	¹⁶ <u>Gentle Restorative Yoga to Balance Mind & Body (40 mins)</u>	¹⁷ <u>10 mins Hands Free Yoga for Ab & Core Strength</u>	¹⁸ <u>Yin Yoga for Digestion & Digestive Health (50 mins)</u>	¹⁹ <u>Meditation for Anger & Frustration (15 mins)</u>	²⁰ <u>Slow Flow Yoga for Hips, Glutes, & Legs (30 mins)</u>
²¹ <u>Restorative Yoga for Deep Relaxation & Stress Relief (30 mins)</u>	²² <u>Yin Yoga for Headaches & Tension Relief (50 mins)</u>	²³ <u>Myofascial Release for Quads, Hip Flexors, & Psoas (15 mins)</u> ○	²⁴ <u>Downshifting Your Energy Meditation for Anxiety & Stress (10 mins)</u>	²⁵ <u>Yin Yoga for Anger, Grief, & Resentment (60 mins)</u>	²⁶ <u>Morning Full Body Slow Flow for Tin Men & Women (20 mins)</u>	²⁷ <u>Full Body Meridian Balancing Yin Yoga (35 mins)</u>
²⁸ NEW <u>Yoga for Compassion Fatigue Honoring Your Energy (26 mins)</u>	²⁹ <u>Sunrise Yin Yoga Full Body Morning Yoga (30 mins)</u>	³⁰ <u>Throat Chakra Restorative Yoga Snack (20 mins)</u>				