

February 2024

LOVE YOURSELF



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ <u>Yin Yoga Self Love Love Yourself Head to Toes (60 mins)</u>	² <u>Heart Opening Slow Flow Yoga Feel Good Flow (35 mins)</u> ●	³ <u>Morning Yin Yoga for an Open Heart Prop Free (30 mins)</u>
⁴ <u>Honoring Your Emotions Meditation (12 mins)</u>	⁵ <u>Heart Chakra Restorative Yoga Snack (20 mins)</u>	⁶ <u>Supportive Yin Yoga for Self Compassion Full Body (60 mins)</u>	⁷ <u>Myofascial Release for Neck & Shoulder Pain (15 mins)</u>	⁸ <u>Morning Yin Yoga for an Amazing Day (20 mins)</u>	⁹ <u>Full Body Yoga for Your Back (25 mins)</u> ●	¹⁰ <u>Yin Yoga Heart & Hips Full Body Yin Yoga (45 mins)</u>
¹¹ <u>Yoga Nidra Meditation for Compassion (25 mins)</u>	¹² <u>Heart Chakra Yin Yoga (25 mins)</u>	¹³ <u>Full Body Morning Yoga for Presence (15 mins)</u>	¹⁴ <u>Yin Yoga Your Heart's Desire Full Body Practice (65 mins)</u>	¹⁵ <u>Heart Opening Restorative Yoga Snack (15 mins)</u>	¹⁶ <u>Hip Flexor Release in 30 Yin Yoga for Tight Hips (30 mins)</u> ●	¹⁷ <u>Full Body Yin Yoga for Chakra and Meridian Balancing (75 mins)</u>
¹⁸ <u>NEW Yoga to Reignite Your Inner Passion (30 mins)</u>	¹⁹ <u>Breath Awareness Meditation (with birdsong) (10 mins)</u>	²⁰ <u>Yin Yoga Minimal Cues Soften (25 mins)</u>	²¹ <u>Upper Body Yoga Snack Deep Stretch (10 mins)</u>	²² <u>Full Body Yin Yoga Deep Back Stretch (75 mins)</u>	²³ <u>10 Min Neck & Shoulder Yoga Stretch Neck Knot Release</u>	²⁴ <u>Yin Yoga for Joy Heart Meridian (40 mins)</u> ○
²⁵ <u>Core on the Floor Side B Core Strength & Awareness (15 mins)</u>	²⁶ <u>Happy Hour Meditation Release the Day (10 mins)</u>	²⁷ <u>Restorative Yoga for Upper Back, Shoulders, & Chest (30 mins)</u>	²⁸ <u>Yinspired Yin Yang Yoga Fusion Breathe (50 mins)</u>	²⁹ <u>15 min Hip Flexor Release Yoga Stretch</u>		