

January 2024

BEGINNINGS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ <u>Yin Yoga to Release the Old & Embrace the New (27 mins)</u>	² <u>Meditation for Focus Mantra & Breath Awareness (10 mins)</u>	³ <u>Yoga for Energetic Grounding Full Body (43 mins)</u> ●	⁴ <u>Yin Yoga for Deep RELEASE Full Body Yoga (58 mins)</u>	⁵ <u>Restorative Yoga for Legs, Feet, & Hips Lower Body Love (40 mins)</u>	⁶ <u>Morning Yoga for Deep Hip Release Yoga for Tin Men & Women (33 mins)</u>
⁷ <u>NEW 3 Steps to Build a Sustainable Meditation Practice (16 mins)</u>	⁸ <u>Emotional Release Yin Yoga (36 mins)</u>	⁹ <u>Yoga Nidra Meditation w/ Body Scan for Deep Rest (15 mins)</u>	¹⁰ <u>Intermediate Yin Yoga for Deep Hip & Leg Stretch (48 mins)</u>	¹¹ <u>Myofascial Release for IT Band & Outer Hip Release (10 mins)</u> ●	¹² <u>Yin Yoga Heels Hips Heart Full Body in 30 mins</u>	¹³ <u>Oh my Hammies! Slow Flow Yoga for Hamstrings (35 mins)</u>
¹⁴ <u>NEW Restorative Yoga for Long COVID Breathe (33 mins)</u>	¹⁵ <u>Yinspired Yin Yoga Fusion INVITE (49 mins)</u>	¹⁶ <u>Post Run Yin Yoga for Runners & Athletes (27 mins)</u>	¹⁷ <u>Morning Meditation for a Positive Day (9 mins)</u> ●	¹⁸ <u>Yoga for Lower Legs, Feet, Calves, & Ankles (30 mins)</u>	¹⁹ <u>Minimal Cues Yin Yoga WATER Flow with Ease (39 mins)</u>	²⁰ <u>Sacral Chakra Restorative Yoga Snack (19 mins)</u>
²¹ <u>Yin Yoga for Deep Emotional Release (74 mins)</u>	²² <u>Bedtime Yoga for Deep Sleep (17 mins)</u>	²³ <u>Yin Yoga for Inner Leg & Thigh Release Kidney Meridians (39 mins)</u>	²⁴ <u>Chakra Meditation for Healing & Balance (11 mins)</u>	²⁵ <u>Deep Hamstring Stretch Yin Yoga Snack (15 mins)</u> ○	²⁶ <u>Yinspired Full Body Flow for Hips, Glutes, & Psoas (56 mins)</u>	²⁷ <u>Yin Yoga for Courage Kidney Meridian (36 mins)</u>
²⁸ <u>NEW Boundary Setting for Manifesting a More Fulfilling Life (42 mins)</u>	²⁹ <u>Restorative Yoga for Hip Opening & Psoas Release (45 mins)</u>	³⁰ <u>Yoga for Busy Days (17 mins)</u>	³¹ <u>Yin Yoga for Kidney & Bladder Health (36 mins)</u>			