

July 2024

REFLECT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ <u>Yin Yoga for Resilience (55 mins)</u>	² <u>Restorative Yoga for Long COVID (30 mins)</u>	³ <u>Strength & Stretch Yoga for Weak Glutes (15 mins)</u>	⁴ <u>Quick Yin Yoga Reboot for Adrenals (30 mins)</u>	⁵ <u>Yinspired Yin Yoga Fusion INVITE (45 mins)</u> ●	⁶ <u>Savasana with Guided Body Scan Meditation (10 mins)</u>
⁷ <u>NEW Vagus Nerve Restorative Yoga (58 mins)</u>	⁸ <u>Yin Yoga for Bedtime Get a Good Night's Sleep (20 mins)</u>	⁹ <u>Oh My Hammies Slow Flow Yoga for Hamstrings (35 mins)</u>	¹⁰ <u>Yin Yoga for Musicians, Writers, & Chefs (30 mins)</u>	¹¹ <u>3rd Third Eye Chakra Restorative Yoga Snack (20 mins)</u>	¹² <u>Yin Yoga for Back Tension Release & Pain Relief (60 mins)</u>	¹³ <u>Evening Wind Down Meditation (10 mins)</u> ●
¹⁴ <u>Yin Yoga for Piriformis & Sciatica Pain (40 mins)</u>	¹⁵ <u>Yoga for Busy Days 15 Min Full Body Flow</u>	¹⁶ <u>Yin Yoga for Deep RELEASE Full Body Yoga (60 mins)</u>	¹⁷ <u>Restorative Yoga for Fatigue Restore & Revitalize (30 mins)</u>	¹⁸ <u>Waning Moon Lunar Yin Yoga Release & Let Go (25 mins)</u>	¹⁹ <u>Yinspired Yoga for Headaches, TMJ & Neck Knots (40 mins)</u>	²⁰ <u>Yin Yoga for Insomnia, Anxiety, & Sleeplessness (45 mins)</u>
²¹ <u>NEW Core on the Floor Deluxe Edition Hands Free Core Workout (13 mins)</u> ○	²² <u>Happy Hour Yin Yoga REST (30 mins)</u>	²³ <u>Yoga for Hands, Wrists & Forearms (11 mins)</u>	²⁴ <u>Yin Yoga for PMS, PMT & Hormone Imbalance (65 mins)</u>	²⁵ <u>Restorative Yoga for a Difficult Day (15 mins)</u>	²⁶ <u>Yin Yoga for Menopause Hot Flashes & Mood Swings (35 mins)</u>	²⁷ <u>15 Minute Back Yoga Flow 4 Main Movements of the Spine</u> ●
²⁸ <u>Yin Yoga Stillness Minimal Cues (35 mins)</u>	²⁹ <u>Myofascial Release for Glutes & Piriformis (14 mins)</u>	³⁰ <u>Yin Yoga at the Wall Upper Back, Shoulders & Chest (25 mins)</u>	³¹ <u>Restorative Yoga Snack for Back Pain Relief (15 mins)</u>			