

June 2024

BELIEVE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ <u>Yin Yoga for Uncertainty (45 mins)</u>
² <u>Morning Pranayama Practice Ujjayi & Diaphragmatic Breathing (11 mins)</u>	³ <u>Yin Yoga for Upper Back & Shoulder Tension Relief (30 mins)</u>	⁴ <u>20 Min Yin Yoga for Piriformis Piriformis Syndrome</u>	⁵ <u>Sunrise Full Body Yoga Flow (20 mins)</u>	⁶ <u>Restorative Yoga for SI Joint & Low Back Pain Care (45 mins) ●</u>	⁷ <u>Yin Yoga for Overworked & Sore Muscles (40 mins)</u>	⁸ <u>Full Body Yoga for Your Back (6 Movements of the Spine) (25 mins)</u>
⁹ <u>NEW Yin Yoga for Grieving (57 mins)</u>	¹⁰ <u>Happy Hour Meditation Release the Day (10 mins)</u>	¹¹ <u>Strength & Stretch Yoga Flow for Obliques (20 mins)</u>	¹² <u>Yin Yoga for a Healthy Spine (40 mins)</u>	¹³ <u>Myofascial Release @ the Wall (7 mins)</u>	¹⁴ <u>Restorative Yoga for Upper Back, Shoulders, & Chest (30 mins) ●</u>	¹⁵ <u>Full Body Yin Yoga Deep Back Stretch (75 mins)</u>
¹⁶ <u>Hands Free Full Body Core Yoga Flow (45 mins)</u>	¹⁷ <u>Yoga Nidra Meditation w/ Body Scan for Deep Rest (15 mins)</u>	¹⁸ <u>Yin Yoga for Low Back, Pelvic & SI Sacroiliac Joint Pain (35 mins)</u>	¹⁹ <u>Restorative Yoga for Exhaustion Yoga to Restore & Replenish (40 mins)</u>	²⁰ <u>A Yinspired Morning Full Body Yin Yoga Flow Fusion (35 mins)</u>	²¹ <u>Full Body Morning Yoga for Presence (15 mins) ○</u>	²² <u>Yin Yoga for the Back Body Sweet Surrender (65 mins)</u>
^{23/30} <u>NEW 20 min Evening Yoga Deep Back Stretch / Yoga for Energetic Grounding (45 mins)</u>	²⁴ <u>Gentle Restorative Yoga for Anxiety, Stress, & Panic Attacks (45 mins)</u>	²⁵ <u>Yin Yoga Snack for Leg Day Quads, Hamstrings, IT Bands (20 mins)</u>	²⁶ <u>Meditation for a Challenging Day Gather Your Energy (10 mins)</u>	²⁷ <u>Heart Opening Slow Flow Yoga Feel Good Flow (35 mins)</u>	²⁸ <u>Yinspired Yoga for Upper Back & Shoulders (50 mins) ●</u>	²⁹ <u>Minimal Cues Yin Yoga FIRE Vitality & Passion (30 mins)</u>