

15min Daily habit December calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>Morning yoga – upper body flow 15min</u>	2 <u>Seated yoga for the neck, shoulders & upper body 15min</u>	3 <u>Soothe & unwind yoga flow 35min</u>	4 <u>Calming evening yoga 15min</u>
5 <u>Energise & reset yoga flow 10min</u>	6 <u>Wake up routine 15min</u>	7 <u>Yoga for the hips – deep stretch & release 15min</u>	8 <u>Morning yoga flow – feel your best 15min</u>	9 <u>Feel good upper body reset 10min</u>	10 <u>Energizing power yoga flow 25min</u>	11 <u>Let go bedtime flow 15min</u>
12 <u>Wake up & go yoga flow 10min</u>	13 <u>Yoga for concentration 20min</u>	14 <u>Yoga to release the hips & hamstrings 15min</u>	15 <u>Full body stretch – mobility & flexibility 15min</u>	16 <u>Yoga for the upper body – evening practice 10min</u>	17 <u>Yoga flow: strong, slow & sweet 35min</u>	18 <u>Gentle evening yoga on the couch 10min</u>
19 <u>Hands free yoga warm up 12min</u>	20 <u>Yoga for core strength 15min</u>	21 <u>Yoga to alleviate back pain 15min</u>	22 <u>Activate whole body yoga warm up 15min</u>	23 <u>Chair yoga – upper body & leg release 10min</u>	24 <u>Morning flow – radiate 30min</u>	25 <u>Morning breathing practice – clarity & grounding 15min</u>
26 <u>Movement break – whole body & core 10min</u>	27 <u>La Dolce Vita morning flow 20min</u>	28 <u>Hamstrings & quads yoga flow 15min</u>	29 <u>Energising morning yoga flow 15min</u>	30 <u>Yoga to improve posture 15min</u>	31 <u>Letting go – hip focus 25min</u>	

A monthly calendar to support you to establish a daily practice & a structure to follow. Feel free to follow along daily or come in when you can. If you want to share your journey, please connect via Instagram @yoginimelbourne & tag #yoginimelbourne.

Lots of love & wishing you joy in your practice xox Paula