

Awake heart 30-day challenge January 2023

Yoginimelbourne

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Day 1: Pure Bliss 30min</u>	2 <u>Day 2: Signature flow foundations 40min</u>	3 <u>Day 3: Inner power 30min</u>	4 <u>Day 4: Desk therapy relief 25min</u>	5 <u>Day 5: Signature flow foundations 45min</u>	6 <u>Day 6: Hip & spine elixir 35min</u>	7 <u>Day 7: Gentle heart flow 30min</u>
8 <u>Day 8: Spaciousness Yin 35min</u>	9 <u>Day 9: Signature flow – grow 50min</u>	10 <u>Day 10: Building fire/tapas 30min</u>	11 <u>Day 11: Grounding yoga flow 25min</u>	12 <u>Day 12: Signature flow – grow 50min</u>	13 <u>Day 13: Quiet the mind 40min</u>	14 <u>Day 14: Upper body flow 35min</u>
15 <u>Day 15: Slow down yin 40min</u>	16 <u>Day 16: Signature flow – expansion 60min</u>	17 <u>Day 17: Moving into compass 40min</u>	18 <u>Day 18: Kidney flush 30min</u>	19 <u>Day 19: Signature flow – expansion 50min</u>	20 <u>Day 20: Revive evening practice 25min</u>	21 <u>Day 21: Free your energy flow 30min</u>
22 <u>Day 22: Yoga Nidra 25min</u>	23 <u>Day 23: Signature flow – variations 65min</u>	24 <u>Day 24: Easy mobility flow 30min</u>	25 <u>Day 25: IT band & lower back 25min</u>	26 <u>Day 26: Signature flow – variations 70min</u>	27 <u>Day 27: Wring out & release 30min</u>	28 <u>Day 28: Alive yoga flow 30min</u>
29 <u>Day 29: Sweet surrender Yin 35min</u>	30 <u>Day 30: Celebrate yoga flow 45min</u>	31 <u>Seal your practice meditation</u>				

Welcome to the Awake heart 30-day challenge. At the core of this challenge is dedicating time for a daily yoga practice as a way to deepen connection with ourselves and our purpose, and through this create the space and potential for deep inner & outer transformation. I hope you enjoy it. Lots of love paula xox