

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>Day 1 meditation – Intention 20min</u>	2 <u>Blossom morning flow 35min</u> NEW	3 <u>Yoga for tired legs 25min</u>	4 <u>Calming evening yoga 15min</u> NEW
5 <u>Making space yoga flow 30min</u>	6 <u>Connect & ground 30min</u>	7 <u>Everyday vinyasa yoga flow 40min</u>	8 <u>Mountain meditation 25min</u>	9 <u>Total body yoga – morning practice 40min</u>	10 <u>Full body stretch 30min</u>	11 <u>Let go bedtime flow 15min</u> NEW
12 <u>Shine yoga flow 25min</u>	13 <u>Yoga for concentration 20min</u>	14 <u>Sun salutation yoga flow 35min</u>	15 <u>Morning breathing 15min</u>	16 <u>Morning yoga flow – energise 35min</u>	17 <u>Whole body deep relief yoga 20min</u> NEW	18 <u>Evening yoga stretch 10min</u>
19 <u>Inner strength yoga flow 40min</u>	20 <u>Upper back release 25min</u>	21 <u>Morning yoga glow 25min</u>	22 <u>Pranayama – alternate nostril breathing 15min</u>	23 <u>Wake up yoga – refresh & energise 20min</u>	24 <u>Yoga for flexibility and deep release 30min</u>	25 <u>Chill yoga flow 20min</u>
26 <u>Deep listening 20min</u>	27 <u>Upper body refresh – unwind & release 20min</u>	28 <u>Detox & unwind yoga flow 25min</u>	29 <u>Awake heart – meditation 20min</u>	30 <u>Feel your best yoga flow 45min</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 & #awakenyoginimelbourne.

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