

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <u>Cold recovery yoga 30min</u>	2 <u>Back pain relief 20min</u>	3 <u>Fill your cup restorative yoga 30min</u>
4 <u>Ease & wellbeing morning flow 25min</u>	5 <u>Seated yoga for the neck, shoulders & upper body 15min</u>	6 <u>Everyday beginners yoga flow 30min</u>	7 <u>Yoga to relieve tired legs 25min</u>	8 <u>Gentle yoga – hip balm 20min</u>	9 <u>Rest & digest whole body east 20min</u>	10 <u>Soothing Yin yoga 30min</u>
11 <u>Wake up yoga flow 20min</u>	12 <u>Yoga for beginners – finding balance 15min</u>	13 <u>Moon yoga flow 20min</u>	14 <u>Back pain relief yoga – mobilise & release 20min</u>	15 <u>Bedtime yoga for deep sleep 12min</u>	16 <u>Gentle mobility 20min</u>	17 <u>Cosy yoga 30min</u>
18 <u>Gentle morning yoga for the hips 30min</u>	19 <u>Yoga for the feet 20min</u>	20 <u>Yoga bliss 20min</u>	21 <u>Yoga for neck & jaw – tension release 25min</u>	22 <u>Let go bedtime flow 15min</u>	23 <u>Yoga for tension headaches 20min</u>	24 <u>Nervous system reset 20min</u>
25 <u>Yoga for beginners whole body flow 35min</u>	26 <u>Full body gentle flow 20min</u>	27 <u>Yoga to strengthen the back 20min</u>	28 <u>Self-care yoga 25min</u>	29 <u>10min evening stretch</u>	30 <u>Gentle yoga during your period 25min</u>	31 <u>Restorative breathing practice 20min</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