

Breath is my anchor April calendar 2024

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <u>Solar morning flow 25min</u>	2 <u>Yoga to calm the mind – upper body & hips 25min</u>	3 <u>Spinal yoga flow 30min</u>	4 <u>Hip & lower back love 20min</u>	5 <u>Gentle yoga – balm for the hips 20min</u>	6 <u>Runner's recovery 10min</u>	7 <u>Restore evening practice 30min</u>
8 <u>Grounding whole body flow 20min</u>	9 <u>Yoga for better posture 20min</u>	10 <u>Morning yoga – open & ground 30min</u>	11 <u>Upper body refresh 20min</u>	12 <u>Deep calm evening yoga 25min</u>	13 <u>Energising morning flow 15min</u>	14 <u>Fill your cup restorative practice 30min</u>
15 <u>Brighten your day yoga flow 30min</u>	16 <u>Breathe easy yoga flow 20min</u>	17 <u>Rise & shine morning flow 30min</u>	18 <u>Chest & shoulder release (using the wall) 25min</u>	19 <u>Bedtime yoga 20min</u>	20 <u>10minute yoga flow – release</u>	21 <u>Morning Yin Yoga 30min</u>
22 <u>Vitality core yoga flow 25min</u>	23 <u>Whole body deep relief yoga 20min</u>	24 <u>Yoga flow – strong core 25min</u>	25 <u>Upper back release 25min</u>	26 <u>3 bedtime yin poses 20min</u>	27 <u>5min for neck & shoulders</u>	28 <u>Self-love Yin 30min</u>
29 <u>Sunrise morning flow 30min</u>	30 <u>Upper body yoga – deep release 30min</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