

# Breathe March Calendar 2022

Yoginimelbourne

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday                                  | Saturday                                      | Sunday   |
|--|---|--|---|---|---|--|
|  | 1<br><u>Pure presence – whole body flow 25min</u> | 2<br><u>Seated yoga for neck, shoulders &amp; upper body 15min</u> | 3<br><u>Soothe &amp; unwind yoga flow 35min</u>                       | 4<br><u>Bedtime yoga 12min</u>          | 5<br><u>Yoga for the neck &amp; jaw 25min</u> | 6<br><u>Yoga for the hips – deep stretch 15min</u> |
| 7<br><u>Deep listening restorative (20min)</u> | 8<br><u>Gentle yoga morning routine 30min</u>     | 9<br><u>Yoga for wrists, neck &amp; upper body 20min</u>           | 10<br><u>Morning yoga flow for the hips 35min</u>                     | 11<br><u>Evening yoga stretch 10min</u> | 12<br><u>Yoga for adrenal fatigue 25min</u>   | 13<br><u>Yoga to relieve tired legs 25min</u>      |
| 14<br><u>Letting go – hips (25min)</u>         | 15<br><u>Wake up yoga 20min</u>                   | 16<br><u>Upper body freedom 20min</u>                              | 17<br><u>Yoga for concentration 20min</u>                             | 18<br><u>Wind down yoga 10min</u>       | 19<br><u>Yin yoga for healing 60min</u>       | 20<br><u>Yoga for the hips &amp; ITB 20min</u>     |
| 21<br><u>Restorative – deep rest 25min</u>     | 22<br><u>Morning flow – whole body 25min</u>      | 23<br><u>Yoga for the upper body – deep release 30min</u>          | 24<br><u>Revive morning yoga flow 30min</u><br>New practice           | 25<br><u>Chill yoga flow 20min</u>      | 26<br><u>Yin yoga for fatigue 60min</u>       | 27<br><u>Hips &amp; lower back release 30min</u>   |
| 28<br><u>Self-love Yin 30min</u>               | 29<br><u>Morning flow – radiate 30min</u>         | 30<br><u>Neck, shoulder &amp; upper body magic 20min</u>           | 31<br><u>Breathe &amp; move whole body flow 30min</u><br>New practice |   |   |  |

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 & #breatheyoginimelbourne.

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