

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <u>Nervous system reset</u> <u>20min</u>
2 <u>Inner thighs & hips –</u> <u>strengthen & release</u> <u>30min</u>	3 <u>Revive morning</u> <u>yoga 30min</u>	4 <u>Vitality core yoga</u> <u>flow 25min</u>	5 <u>Wake up yoga</u> <u>20min</u>	6 <u>10minute guided</u> <u>meditation for deep</u> <u>rest</u>	7 <u>Hip & spine elixir</u> <u>35min</u>	8 <u>Yoga to relieve tired</u> <u>legs 25min</u>
9 <u>Whole body deep</u> <u>relief yoga 20min</u>	10 <u>Morning yoga –</u> <u>energise 35min</u>	11 <u>Morning yoga flow –</u> <u>core & side body</u> <u>25min</u>	12 <u>Upper body flow</u> <u>40min</u>	13 <u>15min morning</u> <u>breathing</u>	14 <u>Yoga for tension</u> <u>headaches 20min</u>	15 <u>Cosy yoga 30min</u>
16 <u>Morning Yin Yoga –</u> <u>energise 30min</u>	17 <u>Revitalise morning</u> <u>flow 25min</u>	18 <u>Cardio burst 30min</u>	19 <u>Hip & lower back</u> <u>love 20min</u>	20 <u>Mountain meditation</u> <u>25min</u>	21 <u>Rejuvenate Yin yoga</u> <u>60min</u>	22 <u>Evening gentle flow</u> <u>20min</u>
23 <u>Gentle yoga flow –</u> <u>whole body 20min</u>	24 <u>Total body yoga –</u> <u>morning practice</u> <u>40min</u>	25 <u>Inner strength – core</u> <u>40min</u>	26 <u>Tight hips & psoas</u> <u>30min</u>	27 <u>Body scan</u> <u>meditation 20min</u>	28 <u>Full body stretch</u> <u>30min</u>	29 <u>Rest & digest – whole</u> <u>body ease 20min</u>
30 <u>Gentle morning</u> <u>routine 30min</u>	31 <u>Full body flow –</u> <u>deep stretch 40min</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