

Energise August Calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <u>Blossom morning flow 30min</u> NEW	2 <u>Neck, shoulder & upper body magic 20min</u>	3 <u>Yoga joy for the spine & side body 20min</u>	4 <u>Movement medicine 20min</u>	5 <u>Wake up yoga – refresh 20min</u>	6 <u>Yoga for the lower back 20min</u>	7 <u>Yoga Nidra 20min</u>
8 <u>Yoga fresh morning flow 30min</u>	9 <u>Yoga for wrists, neck & upper body 20min</u>	10 <u>Easy yoga full body flow 30min</u>	11 <u>Hips & lower back release 30min</u>	12 <u>Morning Yin yoga 30min</u>	13 <u>Self-care yoga 25min</u>	14 <u>Mountain meditation 25min</u>
15 <u>Shine yoga flow 25min</u>	16 <u>Upper body refresh 20min</u>	17 <u>Morning yoga flow – whole body 25min</u>	18 <u>Whole body deep relief yoga 20min</u> NEW	19 <u>Cardio burst yoga flow – whole body 30min</u>	20 <u>Yoga to strengthen the back 20min</u>	21 <u>Body scan meditation 20min</u>
22 <u>Morning flow – radiate 30min</u>	23 <u>Yoga for tension headaches 20min</u> NEW	24 <u>Full body flow – vinyasa 30min</u>	25 <u>Yoga for flexibility & deep release 30min</u>	26 <u>Gentle morning routine 30min</u>	27 <u>Yoga for spine health & mobility 25min</u>	28 <u>Deep sleep meditation 25min</u>
29 <u>Yoga bliss – whole body 20min</u>	30 <u>Yoga for the upper body – deep release</u>	31 <u>Detox & revive yoga flow 25min</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 & #energiseyoginimelbourne.

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