

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <u>Morning Yin yoga 30min</u>	2 <u>Recovery full body stretch 15min</u>
3 <u>Breathe easy yoga flow 20min</u>	4 <u>Ujjayi pranayama breath practice 20min</u>	5 <u>Yoga flow – everyday practice 30min</u>	6 <u>Breathe & reboot 10min</u>	7 <u>Yoga to strengthen the back 20min</u>	8 <u>Morning yoga glow – core & side body 25min</u>	9 <u>Yoga to let go & unwind 15min</u>
10 <u>Daily yoga routine 25min</u>	11 <u>Morning breathing practice 15min</u>	12 <u>Yoga flow – inner fire 25min</u>	13 <u>Yoga to improve posture 15min</u>	14 <u>Sweet release hip morning flow 30min</u>	15 <u>Glow full body flow 50min</u>	16 <u>Chill yoga flow 20min</u>
17 <u>Yoga bliss 20min</u>	18 <u>Cosy yoga 30min</u>	19 <u>Cardio burst 30min</u>	20 <u>Yoga for wrists & upper body 15min</u>	21 <u>Upper body fine tune 30min</u>	22 <u>Revive morning yoga 30min</u>	23 <u>Evening yoga – ground 20min</u>
24 <u>Breathe & move 30min</u>	25 <u>Nadi Shodana breath practice 15min</u>	26 <u>Blissful morning flow 30min</u>	27 <u>Energise & reset yoga flow 10min</u>	28 <u>Soothe & release 25min</u>	29 <u>Upper body release 30min</u>	30 <u>Yoga to relieve tired legs 30min</u>
31 <u>Revitalise 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.

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