

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <u>Nourish Yoga Flow 20min</u>	2 <u>Easy yoga full body flow 30min</u>	3 <u>Soothe & release 25min</u>	4 <u>Inner thighs - strengthen & release 30min</u>	5 <u>Deep sleep meditation 25min</u>	6 <u>Upper body fine tune 30min</u>	7 <u>Nervous system reset 20min</u>
8 <u>Yoga for clarity & energy 30min</u>	9 <u>Blissful morning flow 30min</u>	10 <u>Cold recovery yoga 30min</u>	11 <u>Blossom morning flow 35min</u>	12 <u>Fill your cup restorative practice 30min</u>	13 <u>Hip & lower back love 20min</u>	14 <u>Restore 30min</u>
15 <u>Longevity morning flow 30min</u>	16 <u>Yoga for the back – release & strengthen 35min</u>	17 <u>Deep calm evening yoga 20min</u>	18 <u>Breathe & move flow 30min</u>	19 <u>Yoga for the wrists, neck & upper body 20min</u>	20 <u>Yoga to relieve tired legs 25min</u>	21 <u>Cosy yoga 30min</u>
22 <u>Sun salute flow 35min</u>	23 <u>Morning yoga – energise 35min</u>	24 <u>Yoga for deep relaxation 20min</u>	25 <u>Sweet release hip flow 30min</u>	26 <u>Soothing Yin yoga 30min</u>	27 <u>Chill yoga flow 20min</u>	28 <u>Yoga Nidra deep rest 25min</u>
29 <u>30min Morning yoga</u>	30 <u>Full body flow – deep stretch 35min</u>	31 <u>Yoga for tension headaches 20min</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