

# Flow February calendar 2022

Yoginimelbourne

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Yoga joy (spine &amp; side body) 20min</u> New practice	2 <u>Yoga to strengthen the lower back 20min</u>	3 <u>Hips &amp; lower back release 30min</u>	4 <u>Yoga for lower back pain 15min</u>	5 <u>Body scan 20min</u>
6 <u>Yin yoga for the upper body 35min</u>	7 <u>Morning yoga flow lower &amp; upper back 35min</u>	8 <u>Movement medicine 20min</u>	9 <u>Yoga to strengthen the back 20min</u>	10 <u>Yoga for flexibility 30min</u>	11 <u>Yoga to alleviate back pain 15min</u>	12 <u>Nadi Shodana pranayama practice 15min</u>
13 <u>Full body yin yoga for stress relief 40min</u>	14 <u>Yoga for the back – release &amp; strengthen 35min</u>	15 <u>Detox &amp; unwind 25min</u>	16 <u>Yoga for the lower back 20min</u>	17 <u>Total body yoga 40min</u>	18 <u>Upper body refresh 20min</u>	19 <u>Body scan 20min</u>
20 <u>Yin yoga for the back 35min</u>	21 <u>Recover &amp; strengthen yoga flow 50min</u>	22 <u>Easy yoga full body flow 30min</u>	23 <u>Gentle yoga flow – healthy spine 20min</u>	24 <u>Yoga bliss – whole body 20min</u>	25 <u>Yoga for hips – release &amp; unwind 10min</u>	26 <u>Nadi Shodana pranayama practice 15min</u>
27 <u>Self-care yoga 25min</u>	28 <u>Full body flow – healthy spine 50min</u>					

A monthly calendar to support you to establish a daily practice & provide 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](#) & [#flowyoginimelbourne](#). Lots of love & wishing you joy in your practice xox Paula