

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <u>Gentle morning routine 30min</u>	2 <u>Yoga flow: strong, slow &amp; sweet 35min</u>	3 <u>Connect &amp; ground upper body release 30min</u>	4 <u>Morning Yin Yoga 30min</u>	5 <u>Cold recovery gentle yoga 30min</u>
6 <u>Longevity morning flow 35min</u>	7 <u>Whole body deep relief yoga 20min</u>	8 <u>Easy yoga full body flow 30min</u>	9 <u>Pure presence morning practice 25min</u>	10 <u>Yoga for flexibility and deep release 30min</u>	11 <u>Yin yoga for the upper body 35min</u>	12 <u>Deep calm evening yoga 25min</u>
13 <u>Making space yoga flow 30min</u>	14 <u>Hip mobility &amp; release 25min</u>	15 <u>Yoga for the back: release &amp; strengthen 35min</u>	16 <u>Blossom morning yoga 35min</u>	17 <u>Bedtime yoga to soothe &amp; release 25min</u>	18 <u>Yin yoga for tight legs 40min</u>	19 <u>Knee yoga therapy 25min</u>
20 <u>Cardio burst flow 30min</u>	21 <u>Upper back release 25min</u>	22 <u>Full body stretch 30min</u>	23 <u>Heart-opening vinyasa flow 35min</u>	24 <u>Yoga for tension headaches 20min</u>	25 <u>Cosy whole body yoga 30min</u>	26 <u>Ujjayi pranayama 20min</u>
27 <u>Full body flow – energise 30min</u>	28 <u>Hip &amp; lower back release 30min</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