

# Inner refuge July Calendar 2022

# Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <u>Upper body refresh 20min</u>	2 <u>Revitalise vinyasa yoga flow 40min</u>	3 <u>Replenish Yin Yoga 25min</u> NEW
4 <u>Morning breathing practice 15min</u> NEW	5 <u>Yoga for the back – release &amp; strengthen 35min</u>	6 <u>Connect &amp; ground: upper body release 30min</u>	7 <u>Gentle yoga flow 20min</u>	8 <u>Yoga for the neck, shoulders &amp; upper back 15min</u>	9 <u>Full body yoga flow – move &amp; glow 50min</u>	10 <u>Yin yoga for healing 60min</u>
11 <u>Seated yoga for neck, shoulders &amp; upper body 15min</u>	12 <u>Movement medicine 20min</u>	13 <u>Self-care yoga 25min</u>	14 <u>Blissful morning yoga flow 30min</u>	15 <u>Upper body freedom 20min</u>	16 <u>Recover &amp; strengthen yoga flow 50min</u>	17 <u>Yin yoga for tight legs 40min</u>
18 <u>Sweet relief for the upper body 15min</u>	19 <u>Spine health &amp; mobility 25min</u>	20 <u>Upper back release 25min</u>	21 <u>Yoga flow – strong core 25min</u>	22 <u>Yoga for tension headaches 20min</u> NEW	23 <u>Feel your best yoga flow 45min</u>	24 <u>Morning yin yoga – revitalise 30min</u>
25 <u>Yoga for the wrists, neck &amp; upper body – deep release 20min</u>	26 <u>Backpain relief yoga 20min</u>	27 <u>Yoga for the upper body – evening practice 10min</u>	28 <u>Yoga bliss – whole body flow 20min</u>	29 <u>Feel good upper body reset 10min</u>	30 <u>Trust yoga flow – mindful living series 40min</u>	31 <u>Yin yoga for the upper body – destress 35min</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