

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <u>Deep listening – upper body &amp; meditation 20min</u>	2 <u>Yoga Bliss – whole body flow 20min</u>	3 <u>Yoga for the back: release &amp; strengthen 35min</u>	4 <u>Chill yoga flow 20min</u>	5 <u>Hip-mobility &amp; release 25min</u>	6 <u>Yoga Nidra for Deep Rest 25min</u>
7 <u>Sun salutation morning flow 35min</u>	8 <u>Yoga melt – upper &amp; middle back release 25min</u>	9 <u>Morning flow – whole body 20min</u>	10 <u>Yoga to strengthen the lower back 20min</u>	11 <u>Movement medicine 20min</u>	12 <u>Restorative yoga for the hips 20min</u>	13 <u>Replenish Yin Yoga 25min</u>
14 <u>Longevity morning yoga flow 35min</u> NEW	15 <u>Yoga for tension headaches 20min</u>	16 <u>Morning yoga flow – whole body 25min</u>	17 <u>Hips &amp; lower back relief 30min</u>	18 <u>Wake up routine 15min</u>	19 <u>Yin yoga for the hips 35min</u>	20 <u>Deep calm evening yoga – whole body 25min</u>
21 <u>Upper body yoga flow 40min</u>	22 <u>Yoga for the wrists, neck &amp; upper body 20min</u>	23 <u>Yoga core flow – inner fire 25min</u>	24 <u>Full body gentle flow – supine practice 20min</u>	25 <u>Full body stretch 15min</u>	26 <u>Yoga to relieve tired legs 25min</u>	27 <u>Yin yoga for healing – chest/heart opening 60min</u>
28 <u>Trust whole body flow 40min</u>	29 <u>Self-care yoga – upper body focus 25min</u>	30 <u>Whole body deep relief yoga 20min</u> NEW				

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