

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <u>Joy yoga flow 20min</u>	2 <u>Detox and unwind yoga flow 25min</u>	3 <u>Yin yoga for the upper body 35min</u>
4 <u>Shine yoga flow 25min</u>	5 <u>Yoga for neck & jaw 25min</u>	6 <u>Blossom morning flow 35min</u>	7 <u>Yoga for upper body – deep release 30min</u>	8 <u>Rise & shine yoga flow 30min</u>	9 <u>Chill yoga flow 20min</u>	10 <u>Yin yoga for fatigue 60min</u>
11 <u>Spine yoga flow 25min</u>	12 <u>Upper body freedom 20min</u>	13 <u>Upper body yoga flow 40min</u>	14 <u>Bedtime yoga to soothe & release 25min</u>	15 <u>Feel your best yoga flow 45min</u>	16 <u>Easy yoga full body flow 30min</u>	17 <u>Cosy whole body yoga 30min</u>
18 <u>Gentle morning routine 30min</u>	19 <u>Self-care yoga 25min</u>	20 <u>Radiant yoga flow 30min</u>	21 <u>Yoga joy for the spine 20min</u>	22 <u>Morning yoga – open & ground 30min</u>	23 <u>Full body gentle flow 20min</u>	24 <u>Morning Yin yoga – energise 30min</u>
25 <u>Soothing Yin yoga 30min</u>	26 <u>Yoga to relieve bloating 20min</u>	27 <u>Move & glow full body flow 50min</u>	28 <u>Whole body deep relief 20min</u>	29 <u>Daily yoga routine for the spine 25min</u>	30 <u>Upper body love 20min</u>	31 <u>Mountain meditation 25min</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