

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <a href="#">Yoga to relieve bloating 20min</a>	2 <a href="#">Longevity morning flow 35min</a>	3 <a href="#">Self-love Yin yoga 30min</a>
4 <a href="#">Yoga challenge for core strength 20min</a>	5 <a href="#">10-minute movement break</a>	6 <a href="#">Inner thigh &amp; hips – strengthen and release 30min</a>	7 <a href="#">10-minute upper body yoga</a>	8 <a href="#">Back pain relief – strengthen &amp; soothe 20min</a>	9 <a href="#">Yoga flow: strong, slow &amp; sweet 35min</a>	10 <a href="#">Soothing Yin yoga – calm &amp; let go 30min</a>
11 <a href="#">30-minute gentle morning yoga routine</a>	12 <a href="#">7-minute movement break</a>	13 <a href="#">Yoga for the lower back 20min</a>	14 <a href="#">15-minute morning yoga – feel your best</a>	15 <a href="#">Seated yoga for neck, shoulders &amp; upper back 15min</a>	16 <a href="#">Recover &amp; strengthen yoga flow 50min</a>	17 <a href="#">Restorative yoga for the hips 20min</a>
18 <a href="#">Yoga flow – finding your power 20min</a>	19 <a href="#">Foot &amp; ankle strengthening 10min</a>	20 <a href="#">Yoga for tight hips &amp; hamstrings 20min</a>	21 <a href="#">5 daily yoga poses 10min</a>	22 <a href="#">Rest &amp; digest yoga 20min</a>	23 <a href="#">Soothe &amp; unwind yoga flow 35min</a>	24 <a href="#">Cosy yoga 30min</a>
25 <a href="#">Daily yoga routine – spine health 25min</a>	26 <a href="#">8-minute morning yoga</a>	27 <a href="#">Upper back release 25min</a>	28 <a href="#">Energise &amp; reset yoga flow 10min</a>	29 <a href="#">Seated yoga to regulate the nervous system 15min</a>	30 <a href="#">Sweet release hip morning flow 30min</a>	

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