

# Move April calendar 2023

# Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <u>Daily yoga routine 30min</u> NEW	2 <u>Yoga Nidra 20min</u>
3 <u>Yoga flow – finding your power 20min</u>	4 <u>Upper body love 20min</u>	5 <u>Full body flow – back strengthening 30min</u>	6 <u>Deep calm evening yoga 25min</u>	7 <u>Yoga flow – everyday practice 30min</u>	8 <u>Nourish yoga flow 25min</u>	9 <u>Mountain meditation 25min</u>
10 <u>Yoga flow for tight legs 25min</u>	11 <u>Upper back release 25min</u>	12 <u>Vinyasa flow – breathe &amp; sweat 20min</u>	13 <u>Cold recovery yoga 30min</u>	14 <u>Morning yoga flow for the hips 35min</u>	15 <u>Hip &amp; lower back love 20min</u>	16 <u>Deep sleep meditation 25min</u>
17 <u>Yoga flow – strong, slow &amp; sweet 35min</u>	18 <u>Upper body refresh 20min</u>	19 <u>Morning yoga – energise 35min</u>	20 <u>Whole body deep relief 20min</u>	21 <u>Sun salute flow 35min</u>	22 <u>Easy yoga full body flow 30min</u>	23 <u>Mindful breathing meditation 20min</u>
24 <u>Revitalise vinyasa yoga 40min</u>	25 <u>Cosy whole body yoga 30min</u> NEW	26 <u>Upper body yoga flow 40min</u>	27 <u>Hip &amp; lower back release 30min</u>	28 <u>Feel your best yoga flow 45min</u>	29 <u>Morning yin yoga – energise 30min</u>	30 <u>Meditation – letting go 15min</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