

Nourish June calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <u>Hip & lower back love 20min</u>	2 <u>Neck, shoulder & upper body magic 20min</u>	3 <u>Let go bedtime flow 15min</u>	4 <u>Restorative yoga – deep rest 25min</u>	5 <u>Moon yoga flow 20min</u>
6 <u>Blissful morning flow 30min</u> NEW	7 <u>Yoga for the neck & jaw – deep tension release 25min</u>	8 <u>Yoga for the hips & ITB 20min</u>	9 <u>Morning yoga – upper body 15min</u>	10 <u>Yin yoga for the hips 35min</u>	11 <u>Self-love yin practice 30min</u>	12 <u>Revive morning yoga flow 30min</u>
13 <u>Morning yoga glow 25min</u> NEW	14 <u>Yoga for tension headaches 20min</u> NEW	15 <u>Hip & lower back release 30min</u>	16 <u>Connect & ground – upper body release 30min</u> NEW	17 <u>Yoga for tight hips & hamstrings 20min</u>	18 <u>Yoga for adrenal fatigue - -destress 25min</u>	19 <u>Shine yoga flow 25min</u>
20 <u>Yoga morning fresh 30min</u>	21 <u>Self-care Yoga 25min</u>	22 <u>Movement medicine 20min</u>	23 <u>Upper body freedom 20min</u>	24 <u>Yoga to let go & unwind – hip focus 25min</u>	25 <u>Yin yoga for the upper body – destress 35min</u>	26 <u>Morning Yin yoga – energise 30min</u>
27 <u>Everyday vinyasa flow 40min</u>	28 <u>Sweet relief for the upper body 15min</u>	29 <u>Letting go – hip focus 25min</u>	30 <u>Yoga for spine health 25min</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 & #nourishyoginimelbourne

Lots of love & wishing you joy in your practice xox Paula