

# Nurture June calendar 2023

# Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>Upper body fine tune 30min</u>	2 <u>Yoga Nidra deep rest 25min</u>	3 <u>Full body stretch 15min</u>	4 <u>Cosy yoga 30min</u>
5 <u>Spinal morning flow 30min</u> NEW	6 <u>Moon yoga flow 20min</u>	7 <u>Whole body deep relief 20min</u>	8 <u>Neck, shoulders &amp; upper body magic 20min</u>	9 <u>Morning breathing practice 15min</u>	10 <u>Revive &amp; ground 25min</u>	11 <u>Nervous system reset 20min</u>
12 <u>Blossom morning yoga flow 35min</u>	13 <u>Easy yoga full body flow 30min</u>	14 <u>Back pain relief yoga 20min</u>	15 <u>Upper body love 20min</u>	16 <u>Mountain meditation 25min</u>	17 <u>Breathe easy yoga flow 20min</u>	18 <u>Hip &amp; spine elixir 35min</u>
19 <u>Daily yoga routine 25min</u>	20 <u>Yoga joy 20min</u>	21 <u>Hips &amp; lower back release 30min</u>	22 <u>Cold recovery gentle yoga 30min</u>	23 <u>Mindfulness meditation 20min</u>	24 <u>Movement medicine 20min</u>	25 <u>Relax &amp; release evening yoga 30min</u>
26 <u>Breathe &amp; move 30min</u>	27 <u>Desk break yoga flow 20min</u>	28 <u>Longevity morning yoga flow 35min</u>	29 <u>Upper body yoga – deep release 30min</u>	30 <u>Deep sleep 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