

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <u>Blossom morning yoga flow 35min</u>	2 <u>Yoga joy 20min</u>	3 <u>Mood boost yoga flow 20min</u>	4 <u>Sleepy time yoga 25min</u>	5 <u>Morning yoga flow – feel your best 15min</u>	6 <u>Tight hips & psoas 30min</u> NEW
7 <u>Revitalise yoga flow 25min</u>	8 <u>Rise & shine morning flow 30min</u>	9 <u>Connect & ground upper body release 30min</u>	10 <u>Yoga for balance 20min</u>	11 <u>Deep calm yoga 25min</u>	12 <u>Wake up routine 15min</u>	13 <u>Cold recovery gentle yoga 30min</u>
14 <u>Sweet hip release morning flow 30min</u>	15 <u>Full body flow – hips & upper body 40min</u>	16 <u>Yin yoga for the upper body 35min</u>	17 <u>Yoga flow – inner fire 25min</u>	18 <u>Nervous system reset 20min</u>	19 <u>Invigorate – yoga flow for beginners 15min</u>	20 <u>Whole body deep relief yoga 20min</u>
21 <u>Longevity morning yoga flow 35min</u>	22 <u>Making space yoga flow 30min</u>	23 <u>Upper body fine tune 30min</u>	24 <u>Detox & unwind yoga flow 25min</u>	25 <u>Calming evening yoga 15min</u>	26 <u>Energising yoga flow 15min</u>	27 <u>Yoga for digestion 15min</u>
28 <u>Sunrise morning flow 30min</u>	29 <u>Full body stretch 25min</u>	30 <u>Upper body flow 40min</u>	31 <u>Nourish yoga flow 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