

Release October calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <u>Nervous System Reset</u> 20min NEW	2 <u>Yin yoga for the hips</u> 35min
3 <u>Morning yoga feel your best</u> 15min	4 <u>La Dolce Vita (flow)</u> 20min	5 <u>Yoga fresh morning flow</u> 30min	6 <u>Upper body flow</u> 40min	7 <u>Yoga for the wrists, neck & upper body</u> 20min	8 <u>Yoga to let go & unwind (hips & glutes)</u> 25min	9 <u>Yin for the upper body</u> 35min
10 <u>Gentle yoga – healthy spine</u> 20min	11 <u>Yoga challenge for core strength</u> 20min	12 <u>Morning yoga flow for the hips</u> 35min	13 <u>Full body flow – deep stretch</u> 40min	14 <u>Neck, shoulder & upper body magic</u> 20min	15 <u>Restorative yoga for the hips</u> 20min	16 <u>Full body yin yoga for stress relief</u> 40min
17 <u>Morning yoga – whole body</u> 15min	18 <u>Morning whole body yoga flow</u> 25min	19 <u>Soothe & unwind yoga flow</u> 35min	20 <u>Feel your best yoga flow</u> 45min	21 <u>Self-care yoga</u> 25min	22 <u>Letting go – hip focus</u> 25min	23 <u>Morning yin yoga – energise</u> 30min
24 <u>Wake up routine</u> 15min	25 <u>Yoga flow – strong core</u> 25min	26 <u>Morning yoga invigorate</u> 30min	27 <u>Inner strength - core flow</u> 40min	28 <u>Upper back release</u> 25min	29 <u>Yoga to relieve tired legs</u> 25min	30 <u>Rejuvenate yin yoga</u> 60min
31 <u>Yoga flow – inner fire</u> 25min						

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, Paula xox