

Rise January 2022

YOGINIMELBOURNE #riseyoginimelbourne

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Wake up routine</u> 15min
2 <u>Yoga to alleviate back pain</u> 15min	3 <u>Morning yoga – feel your best</u> 15min	4 <u>Energise & reset yoga flow</u> 10min	5 <u>Full body stretch</u> 15min	6 <u>Morning yoga – upper body</u> 15min	7 <u>Yoga to release the hips & hamstrings</u> 15min	8 <u>Wake up yoga – refresh</u> 20min
9 <u>Full body gentle flow</u> 20min	10 <u>Morning flow – whole body</u> 20min	11 <u>Movement medicine</u> 20min	12 <u>Moon yoga flow – whole body</u> 20min	13 <u>Upper body freedom</u> 20min	14 <u>Chill yoga flow</u> 20min	15 <u>Detox & unwind yoga flow</u> 25min
16 <u>Yoga for the neck & jaw</u> 25min	17 <u>Shine yoga flow</u> 25min	18 <u>Yoga to let go & unwind</u> 25min	19 <u>Yoga flow – inner fire (core)</u> 25min	20 <u>Self-care yoga</u> 25min	21 <u>Letting go (hips)</u> 25min	22 <u>Yoga flow everyday practice</u> 30min
23 <u>Morning Yin Yoga</u> 30min	24 <u>Radiate morning flow</u> 30min	25 <u>Self-love Yin practice</u> 30min	26 <u>Morning yoga – Invigorate</u> 30min	27 <u>Easy yoga full body flow</u> 30min	28 <u>Upper body release</u> 30min	29 <u>Yoga for the back – release & strengthen</u> 30min
30 <u>Gentle morning routine</u> 30min	31 <u>Full body vinyasa flow</u> 30min					

A monthly calendar to support you to establish a daily practice & provide 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 & #riseyoginimelbourne. Lots of love & wishing you joy in your practice xox Paula