

Santosh March calendar 2023

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <u>Yoga for tension headaches 20min</u>	2 <u>Detox and revive 25min</u>	3 <u>Upper body fine tune 30min</u>	4 <u>Full body gentle flow 30min</u>	5 <u>Yin yoga for the upper body 35min</u>
6 <u>Daily yoga routine for spine health 25min</u> NEW	7 <u>Yoga for concentration 20min</u>	8 <u>Upper body release 30min</u>	9 <u>Yoga flow – strong core 25min</u>	10 <u>Soothe & release 25min</u>	11 <u>Yoga for beginners 35min</u>	12 <u>Self-care yoga 25min</u>
13 <u>Sweet release hip morning flow 30min</u>	14 <u>Yoga to strengthen the lower back 20min</u>	15 <u>Neck, shoulder & upper body magic 20min</u>	16 <u>Yoga flow – inner fire 25min</u>	17 <u>Back pain relief yoga 20min</u>	18 <u>Moon yoga flow 20min</u>	19 <u>Yoga for the neck & jaw 25min</u>
20 <u>Vitality core yoga flow 25min</u>	21 <u>Spine health & mobility 25min</u>	22 <u>Upper back release 25min</u>	23 <u>Detox & unwind 25min</u>	24 <u>Yoga for adrenal fatigue 25min</u>	25 <u>Movement medicine 20min</u>	26 <u>Yoga for flexibility 30min</u>
27 <u>Sun salute flow 35min</u>	28 <u>Activate whole body warm up 15min</u>	29 <u>Yoga for the neck, wrists & upper body 20min</u>	30 <u>Yoga flow – strong, slow & sweet 35min</u>	31 <u>Hip-mobility & release 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