

Shine bright April Calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <u>Meditation 'Intention' 20min</u>	2 <u>Detox & revive yoga flow 25min</u>	3 <u>Full body stretch 30min</u>
4 <u>Blissful morning flow 30min</u> NEW	5 <u>Gentle morning routine 30min</u>	6 <u>Upper body freedom 20min</u>	7 <u>Movement medicine 20min</u>	8 <u>Body scan meditation 20min</u>	9 <u>Detox & unwind yoga flow 25min</u>	10 <u>Hip & lower back love 20min</u> NEW
11 <u>Rise & Shine morning flow 30min</u>	12 <u>Gentle yoga flow – healthy spine 20min</u>	13 <u>Upper body refresh 20min</u>	14 <u>Wake up yoga – refresh 20min</u>	15 <u>Mindful breathing meditation 20min</u>	16 <u>Selfcare yoga 25min</u>	17 <u>Yoga to relieve tired legs 25min</u>
18 <u>Revive morning yoga flow 30min</u> NEW	19 <u>Chill yoga flow 20min</u>	20 <u>Upper body yoga – deep release 30min</u>	21 <u>Morning yin yoga – energise 30min</u>	22 <u>Yoga Nidra 20min</u>	23 <u>Moon flow 20min</u>	24 <u>Restorative Yoga for the hips 20min</u>
25 <u>Shine Yoga flow 25min</u>	26 <u>Finding your centre 20min</u>	27 <u>Yoga for the wrists, neck & upper body 20min</u>	28 <u>Yoga for concentration 20min</u>	29 <u>Presence – mindfulness meditation 20min</u>	30 <u>Upper back 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 & #shinebrightyoginimelbourne.

Lots of love & wishing you joy in your practice xox Paula