

# Simplicity May calendar 2023

# Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <u>Deep listening 20min</u>	2 <u>Wake up yoga 20min</u>	3 <u>Moon yoga flow 20min</u>	4 <u>Blissful morning flow 30min</u>	5 <u>Restore evening practice 30min</u>	6 <u>Back pain relief 20min</u>	7 <u>Yin yoga for healing 60min</u>
8 <u>La dolce vita (the sweet life) 20min</u>	9 <u>Whole body deep relief yoga 20min</u>	10 <u>Chill yoga flow 20min</u>	11 <u>Rise &amp; shine morning flow 30min</u>	12 <u>Nervous system reset 20min</u>	13 <u>Yoga for the back 35min</u>	14 <u>Relax &amp; release 30min</u>
15 <u>Connect &amp; ground 30min</u>	16 <u>Movement medicine 20min</u>	17 <u>Desk break whole body flow 20min</u> NEW	18 <u>Blossom morning flow 35min</u>	19 <u>Yoga for adrenal fatigue 25min</u>	20 <u>Yin yoga for the back 35min</u>	21 <u>Slow down yin 40min</u>
22 <u>Longevity morning flow 30min</u>	23 <u>Gentle yoga flow 20min</u>	24 <u>Full body stretch – mobility &amp; ease 25min</u> NEW	25 <u>Radiate morning flow 30min</u>	26 <u>Sleepy time yoga 25min</u>	27 <u>Yoga for sciatica 25min</u> NEW	28 <u>Cosy yoga 30min</u>
29 <u>Trust yoga flow 40min</u>	30 <u>Soothe &amp; unwind yoga flow 35min</u>	31 <u>Breathe &amp; move – full body flow 30min</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