

Soft strength February calendar 2024

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <u>Yoga joy 20min</u>	2 <u>Tight hips & psoas 30min</u>	3 <u>Connect & ground 30min</u>	4 <u>Regulate the nervous system 15min</u>
5 <u>Yoga for the back – release & strengthen 35min</u>	6 <u>Revitalise yoga flow 40min</u>	7 <u>Gentle salute flow 20min</u>	8 <u>Yoga for balance 20min</u>	9 <u>Hip mobility & release 25min</u>	10 <u>Upper body – deep release 30min</u>	11 <u>Yoga Nidra deep rest 25min</u>
12 <u>Upper body flow 40min</u>	13 <u>Spine health & mobility 25min</u>	14 <u>Ease & wellbeing morning flow 25min</u>	15 <u>Feel your best flow 45min</u>	16 <u>Relax & release evening yoga 30min</u>	17 <u>Calm the mind 25min</u>	18 <u>Slow down Yin 40min</u>
19 <u>Yoga flow – strong, slow & sweet 35min</u>	20 <u>Total body flow 40min</u>	21 <u>Mood boost 20min</u>	22 <u>Morning yoga – invigorate 30min</u>	23 <u>Calming evening yoga 15min</u>	24 <u>Relieve upper body stiffness 15min</u>	25 <u>Morning Yin yoga 30min</u>
26 <u>Yoga for clarity & energy 30min</u>	27 <u>Recover & strengthen 50min</u>	28 <u>Whole body deep relief 20min</u>	29 <u>Soothe & unwind yoga flow 35min</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