

Stillness May Calendar 2022

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<u>Daily 5min meditation</u>	1 <u>Yin yoga for healing 60min</u>
2 <u>Yoga for spine health & mobility 25min NEW</u>	3 <u>Morning Yoga – Invigorate 30min</u>	4 <u>Neck, shoulder & upper body magic 20min</u>	5 <u>Breathe & Move – whole body flow 30min NEW</u>	6 <u>Deep sleep meditation 25min</u>	7 <u>Morning yoga movement break 8min</u>	8 <u>Restorative Yoga – deep rest 25min</u>
9 <u>Gentle morning routine - hips 30min</u>	10 <u>Morning yoga flow – whole body 25min</u>	11 <u>Morning yoga – upper body 15min</u>	12 <u>Sun salutation yoga flow 35min</u>	13 <u>Mindful breathing meditation 20min</u>	14 <u>Full body stretch 15min</u>	15 <u>Yin yoga for tight legs – deep release 40min</u>
16 <u>Easy yoga full body flow 30min</u>	17 <u>Blissful morning yoga flow 30min NEW</u>	18 <u>Sweet relief for the upper body 15min</u>	19 <u>Total body yoga – mobility 40min</u>	20 <u>Meditation – deep relaxation 15min</u>	21 <u>Full body stretch 5min</u>	22 <u>Morning Yin yoga 30min</u>
23 <u>Full body stretch – Recovery 30min</u>	24 <u>Rise & shine morning flow 30min</u>	25 <u>Yoga for the neck, wrists & upper body 15min</u>	26 <u>Detox & revive yoga flow 25min</u>	27 <u>Yoga Nidra 20min</u>	28 <u>Energise & reset yoga flow 10min</u>	29 <u>Yin yoga for the upper body – destress 35min</u>
30 <u>Yoga flow everyday practice 30min</u>	31 <u>Yoga flow – radiate 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 & #stillnessyoginimelbourne.

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