

Wabi Sabi May calendar 2024

Yoginimelbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Movement medicine 20min	2 Full body flow – deep stretch 40min	3 Yoga melt upper body 25min	4 Hip mobility and release 25min	5 Yoga for the feet 20min
6 Cardio burst yoga flow 30min	7 Nourish yoga flow 20min	8 Yoga for the lower back 20min	9 Morning yoga – invigorate 30min	10 Upper body love – release & feel good 20min	11 Easy yoga full body flow 30min	12 Yin yoga for tight legs 40min
13 Blissful morning flow 30min	14 Revive morning yoga 30min	15 Yoga to relieve tired legs 25min	16 Longevity morning flow 35min	17 Yoga for wrists, neck & upper body 25min	18 Ease & wellbeing morning flow 25min	19 Deep calm yoga 25min
20 Sunrise morning flow – energise 30min	21 Detox & revive yoga flow 25min	22 Knee yoga therapy – strengthen & release 25min	23 Signature Flow – Awake heart challenge 40min	24 Relax & release evening yoga 30min	25 Yoga for clarity & energy 30min	26 Full body yin yoga for stress relief (with music) 40min
27 Morning yoga glow 25min	28 Morning flow for the hips 35min	29 Back pain relief – mobilise & release 20min	30 Inner strength – core yoga flow 40min	31 Yoga Nidra for Deep rest 25min		

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