

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <u>Yoga for clarity &amp; energy 30min</u>	2 <u>Radiate yoga flow 30min</u>	3 <u>Gentle yoga salute flow 20min</u>	4 <u>Tight hip &amp; psoas 30min</u>	5 <u>Seated yoga to regulate the nervous system 15min</u>
6 <u>Spinal yoga flow 30min</u>	7 <u>Hip mobility &amp; release 25min</u>	8 <u>Blissful morning flow 30min</u>	9 <u>Yoga to strengthen the back 20min</u>	10 <u>Nourish yoga flow 25min</u>	11 <u>Soothe &amp; ground restorative practice 25min</u>	12 <u>Yoga nidra – rejuvenation 25min</u>
13 <u>Inner thigh strengthen &amp; release 30min</u>	14 <u>Letting go – hips 25min</u>	15 <u>Strong, slow &amp; sweet 35min</u>	16 <u>Yoga to relieve tired legs 25min</u>	17 <u>Revitalise yoga flow 25min</u>	18 <u>Release - spine decompression 30min</u>	19 <u>Self-love yin 30min</u>
20 <u>Sweet hip release morning flow 30min</u>	21 <u>Hip &amp; lower back love 20min</u>	22 <u>Revive morning yoga 30min</u>	23 <u>Upper body yoga – deep release 30min</u>	24 <u>Morning yoga glow 25min</u>	25 <u>Yoga to relieve bloating 20min</u>	26 <u>Yin yoga for the upper body 35min</u>
27 <u>Alive yoga flow 30min</u>	28 <u>Whole body deep relief yoga 20min</u>	29 <u>Sun salute flow 35min</u>	30 <u>Blossom morning 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