

August 2024

EARTHING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ <u>Emotional Release Yin Yoga (35 mins)</u>	² <u>Myofascial Release for Feet & Ankles (15 mins)</u>	³ <u>Minimal Cues Yin Yoga EARTH Grounding (30 mins)</u>
⁴ <u>Restorative Yoga for Legs, Feet, & Hips (40 mins)</u> ●	⁵ <u>Yoga for Energetic Grounding Full Body (45 mins)</u>	⁶ <u>Grounding & Centering Meditation Anxiety & Stress Relief (13 mins)</u>	⁷ <u>Morning Yin Yoga to Ground & Center (30 mins)</u>	⁸ <u>Myofascial Release for Lower Leg & Foot Pain Relief (19 mins)</u>	⁹ <u>Happy Hour Yin Yoga SOOTHE (30 mins)</u>	¹⁰ <u>Root Chakra Restorative Yoga Snack (20 mins)</u>
¹¹ NEW <u>Yin Yoga Muscle of the Soul Psoas (51 mins)</u>	¹² <u>Yin Yoga for Stomach & Spleen Meridians Inner Legs, Thighs, & Hips (40 mins)</u> ●	¹³ <u>10 Mins Hands Free Yoga for Abs & Core Strength</u>	¹⁴ <u>Yin Yoga for Anxiety & Worry Spleen Meridian (35 mins)</u>	¹⁵ <u>Meditation for Anxiety & Panic Attacks (10 mins)</u>	¹⁶ <u>Yin Yoga Snack for Leg Day (20 mins)</u>	¹⁷ <u>Myofascial Release for Quads, Hip Flexors, & Psoas (15 mins)</u>
¹⁸ <u>Yin Yoga for Stomach & Spleen Meridians Reduce Bloating & Cramps (45 mins)</u>	¹⁹ <u>Yin Yoga for Feet, Ankles, Hands, & Wrists Yoga for Your Paws (30 mins)</u> ○	²⁰ <u>Full Body Low Slow Yoga Flow Gentle Grounding Yoga (35 mins)</u>	²¹ <u>Elemental Yin Yoga Earth Grounding & Centering (45 mins)</u>	²² <u>Gentle Restorative Yoga to Balance Mind & Body Yoga for Grounding (40 mins)</u>	²³ <u>Yin Yoga at the Wall Hips, Legs, & Lower Back Grounding (30 mins)</u>	²⁴ <u>Yin Yoga for Grounding, Balance, & Digestion (55 mins)</u>
²⁵ NEW <u>Yoga for Shoulders & Upper Back Deep Stretching & Strengthening (23 mins)</u>	²⁶ <u>Mindfulness Meditation for Stress & Anxiety Relief (10 mins)</u> ●	²⁷ <u>Full Body Yin Yoga for Overwhelm, Anxiety, & Stress (35 mins)</u>	²⁸ <u>Yoga for Lower Legs, Feet, Calves, & Ankles (30 mins)</u>	²⁹ <u>Yin Yoga for Grounding Yoga for Anxiety, Frustration, & Stress (45 mins)</u>	³⁰ <u>Yin Yoga for Digestion & Digestive Health (50 mins)</u>	³¹ <u>Meditation for Balance & Grounding (15 mins)</u>