

Softness

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Restorative Yoga for Exhaustion (40 mins)	2 15 Min Back Yoga Flow (15 mins)
3 Yin Yoga for Long COVID Breathe Deeply (50 mins)	4 Happy Hour Meditation Release (10 mins)	5 Full Body Gentle Yoga Flow for When You Are Tired (30 mins)	6 Restorative Yoga for Fatigue (30 mins)	7 Myofascial Release for Neck & Shoulders (15 mins)	8 30 Min Yin Yoga for Emotional & Energetic Exhaustion	9 Restorative Yoga for Immune Health (30 mins)
10 Bedtime Yoga for Deep Sleep (15 mins)	11 Quick Yin Yoga Reboot for Adrenals (30 mins)	12 Restorative Yoga Snack for Immunity (15 mins)	13 Quick Centering Yoga Flow + Meditation (15 mins)	14 Meditation for When You Feel Depleted (15 mins)	15 Full Body Supportive Yin Yoga for Self Compassion (60 mins)	16 10 Min Stretch for Upper Back, Neck & Shoulders
17 Restorative Yoga for Burnout (30 mins)	18 Yin Yoga for a Healthy Immune System (50 mins)	19 Hip Bliss Yoga for Happy Hips (10 mins)	20 Yin Yoga for Sore & Tired Bodies (30 mins)	21 Evening Wind Down Meditation (10 mins)	22 Winter Restorative Yoga Honoring the Energy of Wintering (45 mins)	23 Yinspired Yoga for Headaches, TMJ, and Neck Knots (40 mins)
24 Deep Hamstring Stretch Yin Yoga Snack (15 mins)	25 Restorative Yoga for Self Care (30 mins)	26 15 Min Yoga for Low Back Release	27 Myofascial Release for Neck Self Massage (10 mins)	28 Yoga Nidra Body Scan for Deep Rest (15 mins)	29 Supportive Full Body Yin Yoga for Tired Days (45 mins)	30 Restorative Yoga to Fill Your Cup (40 mins)
31 Yoga for a Beautiful (re)Start Full Body Yoga for New Beginnings (30 mins)						