

March 2024

BE INSPIRED



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ <u>Yin Yoga for Hope Full Body Practice to Inspire (63 mins)</u>	² <u>Yinspired Yoga Fusion to Stimulate Healthy Digestion (40 mins)</u>
³ <u>NEW Pranayama for Long COVID Colds Flu (15 mins)</u> ●	⁴ <u>Morning Yin Yoga to Spark Your Creativity (30 mins)</u>	⁵ <u>Spring Restorative Yoga Spring Cleaning (35 mins)</u>	⁶ <u>Full Body Yin Yoga for Detox & Lymphatic System (55 mins)</u>	⁷ <u>Yoga for Hip Flexor Opening & Deep Release (20 mins)</u>	⁸ <u>Yin Yoga to Balance Emotions Pericardium Meridian (40 mins)</u>	⁹ <u>Metta 4 One Loving Kindness Meditation for Self Compassion (15 mins)</u>
¹⁰ <u>Yin Yoga for Spring Open to Change (45 mins)</u> ●	¹¹ <u>Moon Cycle Flow Yoga Sacral Chakra (30 mins)</u>	¹² <u>Yin AM: Yin Yoga Full Body Deep Stretch (30 mins)</u>	¹³ <u>Restorative Yoga for Season Change Digest & Detox (40 mins)</u>	¹⁴ <u>360° of Hips Yin Yoga for Emotional Release & Healing (75 mins)</u>	¹⁵ <u>Sacral Chakra Yin Yoga Creativity & Sensuality (25 mins)</u>	¹⁶ <u>Hip Bliss Yoga for Happy Hips (10 mins)</u> ●
¹⁷ <u>NEW Yin Yoga for Resilience (55 mins)</u>	¹⁸ <u>Restorative Yoga Snack for Stress & Tension (10 mins)</u>	¹⁹ <u>Yoga Nidra Guided Meditation w/ Body Scan (15 mins)</u>	²⁰ <u>Yin AM: Yin Yoga for Thighs, Hips, & Legs Deep Stretch (35 mins)</u>	²¹ <u>A Yinspired Morning Full Body Yin Yoga Flow Fusion (35 mins)</u>	²² <u>Yin Yoga Snack for Hips, Hip Flexors, & Psoas (15 mins)</u>	²³ <u>Gentle Restorative Yoga for Digestion Yoga for Bloating & Cramps (35 mins)</u>
^{24/31} <u>Yin Yoga for Psoas, Hips, & Hip Flexors (50 mins) Sacral Chakra Restorative Yoga Snack (20 mins)</u>	²⁵ <u>Yoga for IT Bands & Outer Hips Strength & Stretch (20 mins)</u> ○	²⁶ <u>Morning Yin Yoga Full Body Stretch for a Great Day! (25 mins)</u>	²⁷ <u>Breath Practice for Vagal Toning Pranayama (10 mins)</u>	²⁸ <u>Minimal Cues Yin Yoga WOOD Expansion & Growth (30 mins)</u>	²⁹ <u>Sunrise Full Body Yoga Flow (20 mins)</u>	³⁰ <u>Yin Yoga Detox Liver & Kidney Health (40 mins)</u>