

May 2024

ABUNDANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>Yin Yoga for Heart & Lung Meridians (35 mins)</u> ●	2 <u>Hands Free Fire Up Your Core Yoga Flow (20 mins)</u>	3 <u>Restorative Yoga for Neck & Shoulder Pain & Tension Relief (60 mins)</u>	4 <u>A Gratitude Morning Meditation (5 mins)</u>
5 <u>Myofascial Release for Lower Leg & Foot Pain Relief (19 mins)</u>	6 <u>Yin Yoga for Front Body Heart & Lung Meridians (40 mins)</u>	7 <u>Morning Full Body Yoga for Everyone (20 mins)</u> ●	8 <u>Yin Yoga Snack for Heart & Hips (10 mins)</u>	9 <u>Full Body Heart Chakra Yoga Flow Fire Element Chase the Blues Away (45 mins)</u>	10 <u>Evening Pranayama for Deep Restful Sleep (10 mins)</u>	11 <u>Yin Yoga for Deep Sleep Heart Meridian (60 mins)</u>
12 <u>NEW Bedtime Restorative Yoga for Peaceful Sleep (20 mins)</u>	13 <u>New Moon Lunar Yin Yoga Setting Intentions (25 mins)</u>	14 <u>Myofascial Release for Back Pain Relief & Prevention (10 mins)</u>	15 <u>Yin Yoga for the Heart, Lung, & Pericardium Meridians (65 mins)</u> ●	16 <u>Bedtime Progressive Relaxation Meditation (10 mins)</u>	17 <u>Summer Restorative Yoga Blossom (35 mins)</u>	18 <u>Yoga for Chest & Shoulders Full Body Yoga Strength & Stretch (20 mins)</u>
19 <u>Yin Yoga Peace Minimal Cues Heart Focused (40 mins)</u>	20 <u>Mindful Morning Yoga Flow for a Connected Day (30 mins)</u>	21 <u>Yin Yoga for Forgiveness Full Body (60 mins)</u>	22 <u>Yoga Nidra for Emotional & Physical Balance (20 mins)</u>	23 <u>Restorative Yoga for Back, Chest, & Shoulders Home Props (35 mins)</u> ○	24 <u>Myofascial Release for Feet & Ankles (15 mins)</u>	25 <u>Yin Yoga for the Blues Bring Sunshine Into Your Day (35 mins)</u>
26 <u>NEW Pranayama Circle Breath for Clarity & Oxygenation (11 mins)</u>	27 <u>Full Body Bedtime Yoga Stretch Relaxing Night Time Yoga (15 mins)</u>	28 <u>Myofascial Release for Glutes & Hips (10 mins)</u>	29 <u>Full Body Yin Yoga Mindful Movement Meditation (75 mins)</u>	30 <u>Full Body Slow Flow Yoga for Energy, Strength, & Toning (40 mins)</u> ●	31 <u>Restorative Yoga to Fill Your Cup (40 mins)</u>	