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			<p>1 Somatic Yoga Morning Routine Time: 25min</p>	<p>2 Yoga for Energy Boost Time: 22min</p>	<p>3 Progressive Muscle Relaxation Time: 20min</p>	<p>4 Lower Body Fascia Stretch Time: 29min</p>
<p>5 Throat Chakra Yoga Time: 28min</p>	<p>6 Somatic Yoga for Beginners 32min</p>	<p>7 Yoga for Zombies Time: 26min</p>	<p>8 Seated Morning Stretch Time: 13min</p>	<p>9 Yoga after Work Time: 25min</p>	<p>10 Yoga for Stress & Anxiety Relief Time: 21min</p>	<p>11 Upper Body Fascia Stretch Time: 20min</p>
<p>12 Yoga for when you're Sick Time: 34min</p>	<p>13 NEW! Somatic Yoga for Neck & Shoulders</p>	<p>14 Meditation for Positive Energy Time: 10min</p>	<p>15 Morning Yoga to Release Tension Time: 21min</p>	<p>16 Post Workout Yoga Stretch Time: 22min</p>	<p>17 Somatic Yoga for Anxiety Relief Time: 31min</p>	<p>18 Full Body Fascia Activation Time: 31min</p>
<p>19 Yoga for Lymphatic System Time: 29min</p>	<p>20 NEW! Somatic Yoga for Stress</p>	<p>21 Yoga for when you're Scared Time: 40min</p>	<p>22 Morning Yoga Fascia Routine Time: 26min</p>	<p>23 Core Strength Yoga Time: 15min</p>	<p>24 Sacral Chakra Yoga Time: 34min</p>	<p>25 Full Body Fascia Stretch & Strengthen Time: 35min</p>
<p>26 Yoga for Sinus Headache Time: 29min</p>	<p>27 NEW! Seated Somatic Yoga</p>	<p>28 Meditation for Deep Sleep Time: 10min</p>	<p>29 Standing Morning Yoga Stretch Time: 6min</p>	<p>30 Yoga for Runners Time: 15min</p>	<p>31 Hip Opening Somatic Yoga Time: 30min</p>	

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UPLOAD TIME: 6AM EST