

Kindle

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1

Somatic Yoga -
Presence
Time: 36min

2

Somatic Yoga - Lower
Back and Psoas
Time: 38min

3

Morning Somatic Yoga
Routine
Time: 16min

4

Yoga for the
Spine
Time: 22min

5

Yoga for Energy -
Morning Yoga
Time: 26min

6

Lower Body Yoga -
Fascia Stretch
Time: 29min

7

Morning Meditation to
have a Great
Day
Time: 10min

8

Core Strength
Yoga
Time: 15min

9

Nervous System Reset
- Breathe
Time: 34min

10

Somatic Yoga to Start
Your Day
Time: 25min

11

Yoga for Neck &
Shoulders
Time: 19min

12

Somatic Yoga for Self-
Confidence
Time: 40min

13

Upper Body Yoga -
Fascia Stretch
Time: 20min

14

Meditation for Self
Love
Time: 13min

15

Blanket Yoga
Time: 27min

16

Yoga for Core & Booty
Time: 21min

17

NEW:
Somatic Yoga
for Calm & Joy

18

Yoga for
Creativity
Time: 24min

19

Yoga for Energy Boost
Time: 22min

20

Morning Yoga
Fascia Routine
Time: 26min

21

Somatic Meditation for
Anxiety Relief
Time: 21min

22

Yoga for Balance and
Core Strength
Time: 39min

23

Study Break Workout &
Stretch
Time: 25min

24

Somatic Yoga Morning
Routine
Time: 25min

25

Yoga for Anger
Time: 17min

26

Goddess Energy
Time: 22min

27

Somatic Yoga -
Gratitude
Time: 36min

28

Meditation for Inner
Peace
Time: 10min

29

Full Body Stretch
Time: 10min

30

Morning Yoga to
get the Juices Flowing
Time: 11min

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