

Reflect

December 2024

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<p>1 Progressive Muscle Relaxation Time: 20min</p>	<p>2 Gentle Somatic Yoga Routine Time: 35min</p>	<p>3 Seated Yoga Stretch Time: 26min</p>	<p>4 Morning Yoga to Release Tension Time: 21min</p>	<p>5 Somatic Yoga for Spine Health Time: 36min</p>	<p>6 Grounding Yoga Flow Time: 17min</p>	<p>7 Wind Down Yoga & Meditation Time: 26min</p>
<p>8 Restorative Yoga for Lower Back Pain Time: 29min</p>	<p>9 NEW! Somatic Full Body Shake</p>	<p>10 Yoga for Connection Time: 21min</p>	<p>11 Yoga Stretch for Tension Relief Time: 15min</p>	<p>12 Somatic Yoga for Hips Time: 30min</p>	<p>13 Yoga for Anxiety & Stress Relief Grounding Yoga Time: 23min</p>	<p>14 Meditation for Positive Energy Time: 10min</p>
<p>15 Restorative Yoga for Hips & Lower Back Time: 33min</p>	<p>16 Somatic Yoga Lower Body Yoga Routine Time: 32min</p>	<p>17 Yoga to Calm your Nerves Time: 30min</p>	<p>18 NEW: Announcement! + Blanket Yoga Time: 27 min</p>	<p>19 Somatic Yoga for Neck & Shoulders Time: 26min</p>	<p>20 Wall Yoga for Beginners Time: 31min</p>	<p>21 Self-Love Meditation Time: 13min</p>
<p>22 Restorative Yoga: Neck, Shoulder & Upper Back Time: 51min</p>	<p>23 Somatic Yoga for Stress Relief Time: 37min</p>	<p>24 Yoga for Vagus Nerve Stimulation Time: 28min</p>	<p>25 Body Scan Meditation for Sleep Time: 16min</p>	<p>26 Somatic Yoga to Start Your Day Time: 25min</p>	<p>27 Somatic Yoga for Anxiety Relief Time: 31min</p>	<p>28 Somatic Meditation for Emotional Release Time: 23min</p>
<p>29 Compassion Yoga Time: 28min</p>	<p>30 Somatic Yoga for Emotional Release Time: 33min</p>	<p>31 Yoga for New Beginnings Time: 29min</p>				

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UPLOAD TIME: 6AM EST