

S	M	T	W	T	F	S
				<b>1</b> Yoga for Creativity Time: 24min	<b>2</b> Yoga for Self-Confidence Time: 22min	<b>3</b> Yoga for Gardeners Time: 31min
<b>4</b> Solar Plexus Chakra Morning Yoga Time: 34min	<b>5</b> <b>NEW!</b> Somatic Yoga Lower Body	<b>6</b> Somatic Yoga for Neck & Shoulders Time: 26min	<b>7</b> Somatic Yoga for Beginners Time: 32min	<b>8</b> Yoga for Energy - Morning Yoga Time: 26min	<b>9</b> Slow Yoga for Mind and Body Time: 30min	<b>10</b> Compassion Yoga: Restorative Yoga Time: 28min
<b>11</b> Somatic Yoga to Start Your Day Time: 25min	<b>12</b> Somatic Yoga for Anxiety Relief Time: 31min	<b>13</b> Somatic Yoga for Hips Time: 30min	<b>14</b> Somatic Yoga Bedtime Routine Time: 28min	<b>15</b> Yoga for Self-Love Time: 35min	<b>16</b> Meditation for Inner Peace Time: 10min	<b>17</b> Yoga for Flexibility & Strength Time: 27min
<b>18</b> Somatic Yoga for Emotional Release Time: 33min	<b>19</b> <b>NEW!</b> Somatic Yoga for Hips & Lower Back	<b>20</b> Throat Chakra Yoga Time: 29min	<b>21</b> Somatic Yoga Morning Routine Time: 25min	<b>22</b> Yoga for Joy and Happiness Time: 31min	<b>23</b> Goddess Energy Time: 22min	<b>24</b> Yoga for Connection Time: 21min
<b>25</b> Nervous System Reset: Observe Time: 27min	<b>26</b> Nervous System Reset: Breathe Time: 34min	<b>27</b> Nervous System Reset: Thought Time: 31min	<b>28</b> Nervous System Reset: Feel Time: 36min	<b>29</b> Nervous System Reset: Present Time: 29min	<b>30</b> Nervous System Reset: Play Time: 31min	<b>31</b> Nervous System Reset: Reset Time: 33min

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**UPLOAD TIME: 6AM EST**