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				1 Yoga For Self Care	2 Compassion Yoga	3 OCEAN YOGA FLOW
4 Self-care Sunday	5 Meditation For Positive Energy	6 Lion's Breath	7 Yoga For Self Love	8 GROUNDING YOGA	9 Let It Go Yoga	10 Neck, Shoulders & Upper Back
11 Self-care Sunday	12 NEW: Yoga To Calm Your Nerves	13 Back « Basics Alternate Nostril Breathing	14 Hips & Heart Yoga	15 Yoga Stretch To Release Tension	16 Emotional Release	17 Yoga For Gratitude
18 Self-care Sunday	19 Inner Peace	20 Yoga For Anxiety & Stress Relief 30 Minutes	21 Yoga For Love 25 Minutes	22 YOGA FOR CONNECTION	23 Yoga For Relaxation	24 Yoga For Reducing INFLAMMATION
25 Self-care Sunday	26 NEW: Meditation For Self-Love	27 Muscle Relaxation For Anxiety Relief	28 Self LOVE Day 5	29 GROUNDING YOGA	30 Calming Yoga	

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UPLOAD TIME: Monday's at 6AM EST