Yoga with Rachel

Release

October 2025

S	M	T	W	T	F	S
			1 Yoga to Calm your Nerves Time: 30min	**2** Somatic Yoga to Release Tension & Stiffness Time: 42min	**3** Somatic Yoga to Lower Cortisol Time: 37min	**4** Restorative Yoga for Lower Back Pain Time: 29min
5 Restorative Yoga for Stress Relief Time: 32min	**6** Gentle Somatic Yoga Routine Time: 35min	**7** Yoga for Tension Headaches Time: 29min	**8** Somatic Yoga for Emotional Release Time: 33min	**9** Yoga for Self-Love Time: 35min	**10** Morning Yoga to Release Tension Time: 21min	**11** Yoga for Creating Space Time: 28min
12 Yoga for Trapped Gas, Bloating & Indigestion Time: 21min	**13** Morning Yoga for Gratitude Time: 31min	**14** Meditation for Positive Energy Time: 10 min	**15** **NEW:** Somatic Yoga for Self-Confidence	**16** Yoga for Neck and Shoulders Time: 19min	**17** Progressive Muscle Relaxation Time: 20min	**18** Yoga for Chronic Pain Time: 44min
19 Restorative Yoga for Sleep & Relaxation Time: 31min	**20** Somatic Meditation for Emotional Release Time: 23min	**21** Yoga for Joy and Happiness Time: 31min	**22** Somatic Yoga: Release Time: 38min	**23** Heart Opening Yoga Time: 36min	**24** Somatic Shaking for Stress Relief Time: 13min	**25** Restorative Yoga for Tension Relief Time: 30min
26 Yoga for New Beginnings Time: 29min	**27** Yoga for Good Circulation Time: 22min	**28** Moon Practice Time: 29min	**29** Yoga for Zombies Time: 26min	**30** Yoga for when you are feeling Scared Time: 40min	**31** Awaken the Spirit Within Time: 40min	

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