

# Abundance

November 2024

2 NEW Classes!

S	M	T	W	T	F	S
					<b>1</b> Heart Chakra Yoga Time: 27min	<b>2</b> Yoga for Creating Space Time: 28min
<b>3</b> Yoga for Heart and Hips Time: 26min	<b>4</b> Somatic Meditation for Emotional Release Time: 23min	<b>5</b> Feel Your Best Yoga Time: 23min	<b>6</b> Somatic Yoga for Spine Health Time: 36min	<b>7</b> Yoga for Self- Confidence Time: 22min	<b>8</b> Earth Element Yoga Time: 28min	<b>9</b> Yoga for Connection Time: 21min
<b>10</b> Meditation for Self-Love Time: 13min	<b>11</b> <b>NEW!</b> Somatic Chair Yoga	<b>12</b> Yoga for Energy Boost Time: 22min	<b>13</b> Solar Plexus Chakra Morning Yoga Time: 34min	<b>14</b> Yoga to Boost Your Mood Time: 21min	<b>15</b> Self-Care Yoga for Beginners Time: 15min	<b>16</b> Goddess Energy Time: 22min
<b>17</b> Heart Opening Yoga Time: 36min	<b>18</b> Awaken the Spirit Within: Somatic Yoga Time: 40min	<b>19</b> Yoga After Work Time: 25min	<b>20</b> Somatic Yoga for Hips Time: 30min	<b>21</b> Slow Yoga for Body & Mind Time: 30min	<b>22</b> Yoga for Balance & Grounding Time: 21min	<b>23</b> Yoga for Joy & Happiness Time: 31min
<b>24</b> Yoga for Self- Love Time: 35min	<b>25</b> <b>NEW!</b> Gentle Somatic Yoga Routine	<b>26</b> Meditation for Positive Energy Time: 10min	<b>27</b> Somatic Yoga for Emotional Release Time: 33min	<b>28</b> Morning Yoga for Gratitude Time: 31min	<b>29</b> Yoga for Anxiety & Stress Relief Time: 23min	<b>30</b> Compassion Yoga Restorative Time: 28min

Subscribe to Yoga with Rachel & Turn on Bell Notifications 

**UPLOAD TIME: 6AM EST**