

Haven

S M T W T F S

1 Yoga for Vagus Nerve Stimulation Time: 28min	2 Self Care Yoga Time: 15min	3 Somatic Yoga for Grounding Time: 38min	4 Seated Yoga Stretch Time: 26min	5 Yoga for Tension Headaches Time: 29min	6 Somatic Yoga for Anxiety Relief Time: 31min
7 Body Scan Meditation for Sleep Time: 16min	8 Somatic Yoga: Chair Yoga for Beginners Time: 36min	9 Heart Chakra Yoga Time: 27min	10 Somatic Yoga to Release Tension & Stiffness Time: 42min	11 Gentle Morning Yoga to Ease Into your Day Time: 15min	12 Yoga for Migraines Time: 38min
14 Somatic Yoga Bedtime Routine Time: 28min	15 Yoga for Tension Relief Time: 30min	16 Cozy Yoga Time: 20min	17 Somatic Yoga for Nervous System Regulation Time: 40min	18 Yoga for Heart and Hips Time: 26min	19 Yoga for When You're Feeling Sick Time: 34min
21 Evening Yoga to Let Go & Release Time: 23min	22 NEW: Somatic Yoga for Overwhelm	23 Compassion Yoga: Restorative Yoga Time: 28min	24 Progressive Muscle Relaxation for Anxiety Relief Time: 20min	25 Meditation for Inner Peace Time: 10min	26 Yoga to Calm Your Nerves Time: 30min
28 Wind Down Yoga and Meditation Time: 26min	29 Somatic Meditation for Emotional Release Time: 23min	30 Yoga for Inflammation Time: 25min	31 Somatic Yoga for Calm and Joy Time: 40min		27 Somatic Yoga for Self-Love Time: 42min

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