

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 Charka 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

13
Somatic Yoga for
Stress Relief
Time: 37min

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

20
Somatic Yoga for
Emotional Release
Time: 33min

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

27
Somatic Yoga for
Self-Love
Time: 42min

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

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