


S	M	T	W	T	F	S
					1 Yoga for Creativity Time: 24min	2 Let it go Yoga Flow Time: 26min
3 Yoga for Vagus Nerve Stimulation Time: 28min	4 NEW! Somatic Yoga Morning Routine	5 Compassion Yoga Restorative Yoga Time: 28min	6 Lower Body Yoga Fascia Stretch Time: 29min	7 Root Chakra Yoga Time: 23min	8 Yoga for Strong Legs & Glutes Time: 14min	9 Yoga for Neck and Shoulders Time: 19min
10 Slow Yoga for Body and Mind Time: 30min	11 NEW! Fascia Yoga Morning Routine	12 Yoga for Joy & Happiness Time: 31min	13 Upper Body Yoga Fascia Stretch Time: 20min	14 Sacral Chakra Yoga Time: 35min	15 Yoga for Self Confidence Time: 22min	16 Goddess Energy Time: 22min
17 Morning Yoga to Release Tension Time: 21min	18 NEW! Somatic Yoga for Anxiety Relief	19 Morning Yoga for Gratitude Time: 31min	20 Full Body Yoga with Fascia Activation Time: 31min	21 Heart Chakra Yoga Time: 27min	22 Yoga for Anger Time: 17min	23 Full Body Yoga to Feel Your Best Time: 23min
24 Self Care Yoga for Beginners Time: 15min	25 10 min Seated Yoga Stretch Time: 12min	26 Yoga for Creating Space Time: 28min	27 Full Body Yoga Fascia Stretch & Strengthen Time: 35min	28 Throat Chakra Yoga Time: 29min	29 Yoga for Tired Legs & Feet Time: 22min	30 Yoga for Gardeners Time: 31min
31 Yoga for New Beginnings Time: 29min	<p>Subscribe to Yoga with Rachel & Turn on Bell Notifications </p> <p>UPLOAD TIME: 6AM EST</p>					

