

Explore

July 2024
2 NEW Classes!

S	M	T	W	T	F	S
	1 Morning Yoga Detox Flow Time: 20min	2 Somatic Yoga for Beginners Time: 32min	3 Earth Element Yoga Time: 28min	4 Yoga for Chronic Pain Time: 44min	5 Classroom Yoga: Standing Yoga Flow Time: 10min	6 Meditation for Self-Love Time: 13min
7 Yoga for Inflammation Time: 25min	8 NEW! Somatic Yoga To Start Your Day	9 Somatic Yoga for Neck & Shoulders Time: 26min	10 Root Chakra Yoga Time: 23min	11 Yoga for Lower Back Pain Relief Time: 20min	12 Classroom Yoga: Standing Yoga Stretch Time: 11min	13 Meditation for Positive Energy Time: 10min
14 Yoga for a Rainy Day Time: 23min	15 Morning Yoga for Gratitude Time: 31min	16 Somatic Yoga for Hips Time: 30min	17 Sacral Chakra Yoga Time: 34min	18 Chair Yoga for Beginners & Seniors Time: 24min	19 Classroom Yoga: Yoga Break Time: 9min	20 Morning Meditation Time: 10min
21 Couch Potato Yoga Time: 12min	22 NEW! Solar Plexus Chakra Morning Yoga	23 Somatic Yoga Bedtime Routine Time: 28min	24 Heart Chakra Yoga Time: 27min	25 Yoga for Neck, Shoulder & Upper Back Tension Time: 16min	26 Classroom Yoga: Chair Yoga Time: 9min	27 Meditation for Anxiety Relief Time: 11min
28 Yoga for Tired Legs & Feet Time: 22min	29 Wake Up Yoga Time: 15min	30 Somatic Yoga for Emotional Release Time: 33min	31 Throat Chakra Yoga Time: 29min			

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UPLOAD TIME: 6AM EST