

Compassion

S	M	T	W	T	F	S
			1 Somatic Yoga: Day 0 Breathe	2 Somatic Yoga: Day 1 Nurture	3 Somatic Yoga: Day 2 Presence	4 Somatic Yoga: Day 3 Curiosity
5 Somatic Yoga: Day 4 Release	6 Somatic Yoga: Day 5 Restore	7 Somatic Yoga: Day 6 Gratitude	8 Somatic Yoga: Day 7 Trust	9 Nervous System Reset: Day 1 - Observe Time: 27min	10 Nervous System Reset: Day 2 - Breathe Time: 34min	11 Nervous System Reset: Day 3 - Thought Time: 31min
12 Nervous System Reset: Day 4 - Feel Time: 36min	13 Nervous System Reset: Day 5 - Present Time: 29min	14 Nervous System Reset: Day 6 - Play Time: 31min	15 Nervous System Reset: Day 7 - Reset Time: 33min	16 Yoga for Lymphatic System Time: 29min	17 Bedtime Yoga - Wind Down Time: 12min	18 Somatic Yoga - Chair Yoga for Beginners Time: 36min
19 Yoga for When You're Sick Time: 34min	20 Somatic Yoga Morning Routine Time: 25min	21 Yoga for Inflammation Time: 25min	22 Yoga for Vagus Nerve Stimulation Time: 28min	23 Yoga for Sinus Headache Time: 29min	24 Somatic Yoga Bedtime Routine Time: 28min	25 Compassion Yoga- Restorative Yoga Time: 28min
26 Yoga for Chronic Pain Time: 44min	27 Gentle Morning Yoga to Ease into your Day Time: 15min	28 Yoga for Connection Time: 21min	29 Somatic Shaking for Stress Relief Time: 13min	30 Cozy Yoga Time: 20min	31 Body Scan Meditation for Sleep Time: 16min	

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UPLOAD TIME: 6AM EST

NEW:

Somatic Yoga: A Journey to Self-Compassion
7 Days of Somatic Yoga FREE on YouTube!