

Balance

September 2024

3 NEW Classes!

S	M	T	W	T	F	S
<p>1 Root Chakra Yoga Time: 23min</p>	<p>2 NEW! Somatic Yoga for Sleep</p>	<p>3 Yoga for Balance & Grounding Time: 21min</p>	<p>4 Calming Yoga Time: 29min</p>	<p>5 Yoga for Vagus Nerve Stimulation Time: 28min</p>	<p>6 Blanket Yoga Time: 27min</p>	<p>7 Yoga for Migraines Time: 38min</p>
<p>8 Sacral Chakra Yoga Time: 34min</p>	<p>9 Somatic Yoga for Hips & Lower Back Time: 31min</p>	<p>10 Grounding Yoga Flow Time: 17min</p>	<p>11 Yoga for Relaxation & Stress Relief Time: 27min</p>	<p>12 Yoga to Calm Your Nerves Time: 30min</p>	<p>13 Body Scan Meditation for Sleep Time: 16min</p>	<p>14 Yoga for Tension Headaches Time: 29min</p>
<p>15 Heart Chakra Yoga Time: 27min</p>	<p>16 NEW! Somatic Yoga for Spine</p>	<p>17 Grounding Yoga for Stress & Anxiety Relief Time: 23min</p>	<p>18 Restorative Yoga for Stress Relief Time: 32min</p>	<p>19 Progressive Muscle Relaxation Time: 20min</p>	<p>20 Meditation for Self Love Time: 13min</p>	<p>21 Yoga for Sinus Headache Time: 29min</p>
<p>22 Solar Plexus Chakra Yoga Time: 34min</p>	<p>23 Seated Somatic Yoga Routine Time: 28min</p>	<p>24 7 Day Yoga Challenge - Balance Time: 34min</p>	<p>25 Somatic Yoga for Anxiety Relief Time: 31min</p>	<p>26 Yoga for Inflammation Time: 25min</p>	<p>27 Meditation for Anxiety & Stress Relief Time: 11min</p>	<p>28 Yoga for When You're Sick Time: 34min</p>
<p>29 Throat Chakra Yoga Time: 29min</p>	<p>30 NEW! Somatic Yoga for Lower Back & Psoas</p>					

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UPLOAD TIME: 6AM EST