Yoga with Rachel

Harmony

June 2025

S	M	T	W	T	F	S
1 Slow Yoga for Body & Mind Time: 30min	**2** Somatic Yoga Nervous System Regulation Time: 40min	**3** Heart Opening Yoga Time: 36min	**4** Somatic Meditation for Anxiety Relief Time: 21min	**5** Yoga for Focus & Calm Time: 25min	**6** Yoga for Tired Legs & Feet Time: 22min	**7** Yoga for Flexibility & Strength Time: 27min
8 Yoga for Vagus Nerve Stimulation Time: 28min	**9** Somatic Yoga for Emotional Release Time: 33min	**10** Yoga for Anger Time: 17min	**11** Meditation for Positive Energy Time: 10min	**12** Calming Yoga Time: 29min	**13** Yoga for Brain Power Time: 27min	**14** Beginner Restorative Yoga Time: 30min
15 Nervous System Reset - Breathe Time: 34min	**16** Somatic Yoga for Anxiety Relief Time: 31min	**17** Yoga for Joy and Happiness Time: 31min	**18** Morning Meditation to Have a Great Day Time: 10min	**19** Yoga for Lymphatic Flow Time: 29min	**20** Alternate Nostril Breathing Time: 12min	**21** Yoga for Heart & Hips Time: 26min
22 Yoga for Anxiety & Stress Relief - Grounding Yoga Time: 23min	**23** Somatic Meditation for Emotional Release Time: 23min	**24** Let it Go Yoga Flow Time: 26min	**25** Wind Down Yoga and Meditation Time: 26min	**26** Yoga for Balance & Core Strength Time: 39min	**27** Yoga for Dizziness & Vertigo Time: 19min	**28** Yoga to Calm Your Nerves Time: 30min
29 Restorative Yoga with Bolster Time: 22min	**30** Somatic Yoga Grounding Yoga Practice Time: 38min					

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