Yoga with Rachel

Courage

May 2025

S	M	T	W	T	F	S
				1 Somatic Shaking for Stress Relief Time: 13min	2 Root Chakra Yoga Time: 23min	3 Compassion Yoga - Restorative Yoga Time: 28min
4 Yoga for When You are Feeling Scared Time: 40min	5 Yoga for Heart and Hips Time: 26min	6 Somatic Yoga - Curiosity Time: 35min	7 Yoga for Balance & Stability Time: 18min	8 Sacral Chakra Yoga Time: 34min	9 Somatic Meditation for Emotional Release Time: 23min	10 Restorative Yoga for Lower Back Pain Relief Time: 29min
11 Solar Plexus Chakra - Somatic Yoga Time: 34min	12 Yoga for Flexibility and Strength Time: 27min	13 Nervous System Reset - Feel Time: 36min	14 Power Yoga - Morning Yoga Detox Time: 20min	15 Study Break Workout & Stretch Time: 10min	16 Yoga for Creativity Time: 24min	17 Yoga for Connection Time: 21min
18 Awaken the Spirit Within Time: 40min	19 Goddess Energy Time: 22min	20 Nervous System Reset - Play Time: 31min	21 Total Body Workout for Strength & Flexibility Time: 20min	22 Yoga for Energy Boost Time: 22min	23 Heart Chakra Yoga Time: 27min	24 Restorative Yoga for Hips & Lower Back Time: 33min
25 Yoga for Chronic Pain - Gentle Yoga Time: 44min	26 Yoga for New Beginnings Time: 29min	27 Somatic Yoga - Restore Time: 38min	28 Morning Power Yoga for Core Strength Time: 17min	29 Morning Somatic Yoga Routine Time: 16min	30 Throat Chakra Yoga - Yoga to Speak Your Truth Time: 29min	31 Somatic Yoga - Trust Time: 30min