

S	M	T	W	T	F	S
	1 Somatic Yoga: Grounding Yoga Practice Time: 38min	2 Yoga for the Classroom: Standing Yoga Flow Time: 10min	3 Root Chakra Yoga: Grounding Practice Time: 23min	4 Somatic Yoga for Spine Health Time: 36min	5 Seated Yoga Stretch Time: 26min	6 Body Scan Meditation for Sleep Time: 16min
7 Yoga for Sinus Headache Time: 29min	8 Somatic Meditation for Anxiety Relief Time: 21min	9 Yoga for the Classroom: Chair Yoga Time: 9min	10 Yoga for Strong Legs & Glutes Time: 14min	11 Somatic Yoga for Hips Time: 30min	12 Yoga at Your Desk Time: 12min	13 Somatic Yoga Bedtime Routine Time: 28min
14 Yoga for Lymphatic System Time: 29min	15 Somatic Yoga for Nervous System Regulation Time: 40min	16 Yoga for the Classroom: Yoga Break Time: 9min	17 Yoga for Hip Strength & Stability Time: 16min	18 Yoga for Connection Time: 21min	19 Office Break Yoga Time: 9min	20 Meditation for Deep Sleep Time: 10min
21 Yoga for Migraines Time: 38min	22 Somatic Yoga: Wind Down Yoga Time: 37min	23 Yoga for the Classroom: Standing Yoga Stretch Time: 11min	24 Yoga for Hips & Hamstrings Time: 18min	25 Yoga for Focus & Calm Time: 25min	26 Study Break Workout & Stretch Time: 10min	27 Somatic Yoga for Sleep Time: 33min
28 Yoga for When You're Sick Time: 34min	29 Somatic Yoga: Trust Time: 30min	30 Yoga for the Classroom: Body Break Time: 9min				

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