Yoga with Rachel

Shine

July 2025

S	M	T	W	T	F	S
		1 10 min Morning Yoga Time: 11min	**2** Lion's Breath Time: 10min	**3** Root Chakra Yoga Time: 23min	**4** Energy Boost Yoga Time: 22min	**5** Yoga for Creating Space Time: 28min
6 Somatic Yoga: Release Time: 28min	**7** Yoga to Boost your Mood Time: 21 min	**8** Blanket Yoga Time: 26min	**9** Heart Opening Yoga Time: 34min	**10** Sacral Chakra Yoga Time: 34min	**11** Core Strength Ritual Time: 28min	**12** Feel Your Best Yoga Flow Time: 20min
13 Somatic Yoga for Nervous System Regulation Time: 40min	**14** **NEW:** Somatic Wind Down Yoga for Stress & Anxiety Relief	**15** Full Body Yoga to Feel Your Best Time: 23min	**16** Yoga for Heart and Hips Time: 26min	**17** Solar Plexus Chakra Yoga Time: 34min	**18** Morning Yoga for Energy Time: 16min	**19** Yoga for Joy and Happiness Time: 31min
20 Somatic Yoga: Gratitude Time: 36min	**21** Yoga for Self-Confidence Time: 22min	**22** Somatic Yoga to Lower Cortisol Time: 37min	**23** Yoga for Neck and Shoulders Time: 19min	**24** Heart Chakra Yoga Time: 27min	**25** Core Strength Yoga Time: 15min	**26** Goddess Energy Time: 22min
27 Awaken the Spirit Within Time: 40min	**28** **NEW:** Somatic Yoga Self-Love	**29** Morning Somatic Yoga Routine Time: 16min	**30** Rise and Shine Yoga Time: 18min	**31** Throat Chakra Yoga Time: 29min		

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