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						<p><b>1</b> Blanket Yoga Time: 27min</p>
<p><b>2</b> Yoga for Vagus Nerve Stimulation Time: 28min</p>	<p><b>3</b> Somatic Yoga for Beginners Time: 32min</p>	<p><b>4</b> Gentle Morning Yoga Time: 15min</p>	<p><b>5</b> Yoga for Migraines Time: 38min</p>	<p><b>6</b> Seated Somatic Yoga Time: 28min</p>	<p><b>7</b> Self-Care Yoga Time: 15min</p>	<p><b>8</b> Wall Yoga for Beginners Time: 31min</p>
<p><b>9</b> Somatic Yoga Morning Routine Time: 25min</p>	<p><b>10</b> <b>NEW!</b> Somatic Yoga Bedtime Routine</p>	<p><b>11</b> Yoga for Connection Time: 21min</p>	<p><b>12</b> Root Chakra Yoga Time: 23min</p>	<p><b>13</b> Somatic Yoga for Stress Relief Time: 37min</p>	<p><b>14</b> Partner Yoga Time: 18min</p>	<p><b>15</b> Yoga for Focus &amp; Calm Time: 25min</p>
<p><b>16</b> Slow Yoga for Body &amp; Mind Time: 30min</p>	<p><b>17</b> <b>NEW!</b> Somatic Yoga for Emotional Release</p>	<p><b>18</b> Meditation for Anxiety Relief Time: 11min</p>	<p><b>19</b> Yoga to Calm your Nerves Time: 30min</p>	<p><b>20</b> Somatic Yoga for Anxiety Relief Time: 31min</p>	<p><b>21</b> Nervous System Reset: Breathe Time: 34min</p>	<p><b>22</b> Body Scan Meditation for Sleep Time: 16min</p>
<p><b>23</b> Yoga for Neck &amp; Shoulders Time: 19min</p>	<p><b>24</b> <b>NEW!</b> Somatic Chair Yoga</p>	<p><b>25</b> Yoga for Heart and Hips Time: 26min</p>	<p><b>26</b> Yoga for the Pelvic Floor Time: 16min</p>	<p><b>27</b> Somatic Yoga for Neck &amp; Shoulders Time: 26min</p>	<p><b>28</b> Hip Opening Somatic Yoga Time: 30min</p>	<p><b>29</b> Yoga for Feet &amp; Ankles Time: 13min</p>
<p><b>30</b> Hand Yoga Time: 20min</p>	<p>Subscribe to Yoga with Rachel &amp; Turn on Bell Notifications </p> <p><b>UPLOAD TIME: 6AM EST</b></p>					