

Surrender

October 2024
2 NEW Classes!

S	M	T	W	T	F	S
		1 Slow Flow Yoga for Grounding Time: 24min	2 Yoga for Energy - Morning Yoga Time: 26min	3 Somatic Yoga for Anxiety Relief Time: 31min	4 Morning Meditation to Have a Great Day Time: 10min	5 Somatic Yoga for Sleep Time: 33min
6 Restorative Yoga for Neck, Shoulders & Upper Back Time: 51min	7 Let It Go Yoga Flow Time: 26min	8 Wall Yoga for Beginners Time: 31min	9 Goddess Energy Time: 22min	10 Somatic Yoga for Stress Relief Time: 37min	11 Meditation for Anxiety & Stress Relief Time: 11min	12 Somatic Yoga Lower Body Routine Time: 32min
13 Solar Plexus Chakra Yoga Time: 34min	14 NEW! Somatic Meditation for Emotional Release	15 Restorative Yoga for Hips & Lower Back Time: 33min	16 Energy Boost Yoga Time: 19min	17 Somatic Yoga for Hips Time: 30min	18 Meditation for Positive Energy Time: 10min	19 Somatic Yoga for Spine Health Time: 36min
20 Yoga for Relaxation Time: 32min	21 Yoga for Anger Time: 17min	22 Restorative Yoga for Lower Back Pain Time: 29min	23 Core Strength Yoga Time: 15min	24 Somatic Yoga for Emotional Release Time: 33min	25 Meditation for Self Love Time: 13min	26 Somatic Yoga for Lower Back & Psoas Time: 39min
27 Yoga for Healthy Blood Flow Time: 22min	28 NEW! Awaken the Spirit Within	29 Moon Practice Time: 29min	30 Yoga for Zombies Time: 26min	31 Yoga for when you are Feeling Scared Time: 40min		

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UPLOAD TIME: 6AM EST