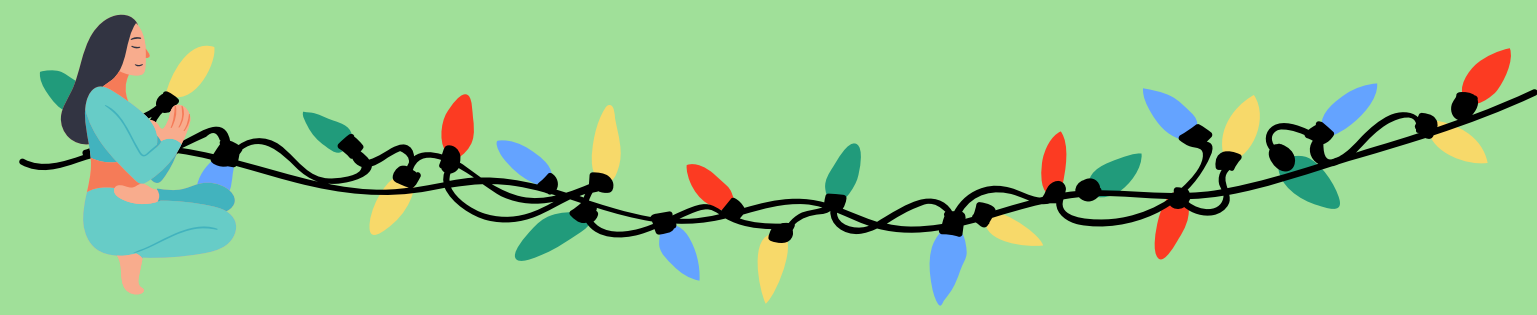


SHINE

December 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ✨ NEW VIDEO <u>Practice Now!</u>	2 <u>Yoga to Boost Self Esteem</u> 30 mins	3 <u>Soulful Yoga Flow</u> 33 mins
4 <u>Heart Chakra Yin Yoga</u> 36 mins	5 <u>Yoga for Balance & Stability</u> 27 mins	6 <u>Yoga for When You're Sad</u> 30 mins	7 <u>Midday Yoga Break</u> 15 mins	8 ✨ NEW VIDEO <u>Practice Now!</u>	9 <u>I Am Amazing</u> 26 mins	10 <u>Yoga for Inner Connection</u> 23 mins
11 <u>Yoga to Wind Down</u> 25 mins	12 <u>Yoga for Self Compassion</u> 22 mins	13 <u>Winter Yoga Flow</u> 25 mins	14 <u>Blanket Yoga</u> 23 mins	15 ✨ NEW VIDEO <u>Practice Now!</u>	16 <u>Yoga to Boost Self Confidence</u> 26 mins	17 <u>Heart Chakra Yoga Flow</u> 15 mins
18 <u>Yin Yoga for Stress</u> 48 mins	19 <u>Heart Chakra Yoga Flow</u> 18 mins	20 <u>Yoga to Fill Your Cup</u> 29 mins	21 <u>Yin Yoga for Stress & Anxiety</u> 26 mins	22 ✨ NEW VIDEO <u>Practice Now!</u>	23 <u>I Am Fabulous</u> 27 mins	24 <u>After Travel Yoga</u> 32 mins
25 <u>Lazy Morning Yoga in Bed</u> 10 mins	26 <u>Yoga for a Hangover</u> 21 mins	27 <u>I Am Love Yoga</u> 26 mins	28 <u>Yin Yoga for Digestion</u> 20 mins	29 ✨ NEW VIDEO <u>Practice Now!</u>	30 <u>Full Body Yin Yoga Stretch</u> 37 mins	31 <u>Yoga for a Fresh Start</u> 24 mins