



BE February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Total Body Yin</u> 37 mins	2 ✨ NEW VIDEO <u>Practice Now!</u>	3 <u>Yoga to Boost Self Esteem</u> 30 mins	4 <u>Lazy Morning Yoga in Bed</u> 10 mins
5 <u>Chill Out Yin Yoga</u> 26 mins	6 <u>I Accept Myself Yoga</u> 35 mins	7 <u>I Am Enough Yoga</u> 34 mins	8 <u>Sacral Chakra Yin Yoga</u> 33 mins	9 ✨ NEW VIDEO <u>Practice Now!</u>	10 <u>I Am Proud Yoga</u> 28 mins	11 <u>I Am Amazing Yoga</u> 26 mins
12 <u>Self Love Yin Yoga</u> 28 mins	13 <u>I Am Powerful Yoga</u> 28 mins	14 <u>I Am Fabulous</u> 27 mins	15 <u>Heart Chakra Yin Yoga</u> 26 mins	16 ✨ NEW VIDEO <u>Practice Now!</u>	17 <u>I Am Love</u> 27 mins	18 <u>Heart Chakra Yoga Flow</u> 15 mins
19 <u>Gentle Yin Yoga</u> 34 mins	20 <u>Heart Chakra Yoga Flow</u> 18 mins	21 <u>Yoga to Fill Your Cup</u> 29 mins	22 <u>Stress & Anxiety Yin</u> 26 mins	23 ✨ NEW VIDEO <u>Practice Now!</u>	24 <u>Yoga for Self Compassion</u> 22 mins	25 <u>Wind Down Flow</u> 25 mins
26 <u>Yin Yoga for Empowerment</u> 27 mins	27 <u>Winter Yoga Flow</u> 25 mins	28 <u>Feel Good Slow Flow</u> 25 mins				