



Explore

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ✨ <u>5 Min Standing Morning Yoga</u>	2 <u>Twist & Create Space</u>	3 <u>Full Moon Yoga Flow</u>
4 <u>Yin Yoga for Peace</u>	5 <u>Sacral Chakra Flow</u>	6 <u>Get Grounded Flow</u>	7 <u>Yin Yoga for Empowerment</u>	8 ✨ <u>Yin to Release Control</u>	9 <u>Post Travel Stretch</u>	10 <u>Yoga for Inner Confidence</u>
11 <u>Yin Yoga for Self Compassion</u>	12 <u>Yoga for Self Discovery</u>	13 <u>Energy in 15 Mins</u>	14 <u>Sacral Chakra Yin Yoga</u>	15 ✨ <u>Summer Solstice Flow</u>	16 <u>Yoga for Hot Summer Days</u>	17 <u>Simple & Gentle Flow</u>
18 <u>New Moon Yin Yoga</u>	19 <u>Open Your Heart Flow</u>	20 <u>Yoga for the Summer Solstice</u>	21 <u>Self Love Yin Yoga</u>	22 ✨ <u>Freedom Yoga Flow</u>	23 <u>Yoga to Feel Connected</u>	24 <u>Yoga for Hiking Recovery</u>
25 <u>Let It Be Yin Yoga</u>	26 <u>Yoga to Raise Your Vibration</u>	27 <u>Ground & Stretch Flow</u>	28 <u>Gentle Yin Yoga</u>	29 <u>Yin Yoga for Summer</u>	30 <u>Yoga to Fill Your Cup</u>	