



MOVE May 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 <u>Total Body Yin</u>	4 ✨ NEW VIDEO <u>Practice Now!</u>	5 <u>Midday Yoga</u> <u>Break</u>	6 <u>Yoga for Self</u> <u>Discovery</u>
7 <u>Gentle Yin Yoga</u>	8 <u>Heart Opening</u> <u>Vinyasa</u>	9 <u>Yoga for</u> <u>Emotional</u> <u>Release</u>	10 <u>Sacral Chakra</u> <u>Yin Yoga</u>	11 ✨ NEW VIDEO <u>Practice Now!</u>	12 <u>Wind Down</u> <u>Flow</u>	13 <u>Yoga to Boost</u> <u>Self Confidence</u>
14 <u>Let It Be Yin</u> <u>Yoga</u>	15 <u>Yoga to Raise</u> <u>Your Vibration</u>	16 <u>Twisty Flow</u>	17 <u>Yin Yoga for Hips</u>	18 ✨ NEW VIDEO <u>Practice Now!</u>	19 <u>15 Mins Yoga</u> <u>Pick Me Up</u>	20 <u>I Am Powerful</u> <u>Yoga</u>
21 <u>Wake Up Yin</u> <u>Yoga</u>	22 <u>Grounding</u> <u>Vinyasa Flow</u>	23 <u>Yoga to Let Go</u> <u>of What No</u> <u>Longer Serves</u> <u>You</u>	24 <u>15 Min Morning</u> <u>Yin Yoga</u>	25 ✨ NEW VIDEO <u>Practice Now!</u>	26 <u>Blanket Yoga</u> <u>Sequence</u>	27 <u>Feel Good Slow</u> <u>Flow</u>
28 <u>Yin Yoga for Self</u> <u>Compassion</u>	29 <u>Yoga for Balance</u> <u>& Stability</u>	30 <u>Soulful Yoga</u> <u>Flow</u>	31 <u>After Travel</u> <u>Yoga</u>			