



# Freedom

## JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Cancer Zodiac Yoga</u> (30 mins)
2 <u>Full Moon Yin Yoga</u> (36 mins)	3 <u>Full Moon Yoga Flow</u> (35 mins)	4 <u>Yoga for Self Discipline</u> (30 mins)	5 <u>Yin to Release Control</u> (27 mins)	6 <u>Yoga to Let Go of Anger</u> (16 mins)	7 <u>Post Travel Stretch</u> (32 mins)	8 <u>Post Hike Yoga Sequence</u> (22 mins)
9 <u>Yin Yoga for Sleep</u> (19 mins)	10 <u>Yoga for Hot Summer Days</u> (18 mins)	11 <u>Yoga to Raise Your Vibration</u> (26 mins)	12 <u>Yin Yoga for Peace</u> (32 mins)	13 <u>Slow Flow for a Rainy Day</u> (26 mins)	14 <u>Yoga for Self Compassion</u> (22 mins)	15 <u>Yoga to Boost Self-Esteem</u> (30 mins)
16 <u>New Moon Yin Yoga</u> (35 mins)	17 <u>New Moon Yoga Flow</u> (32 mins)	18 <u>Yoga for Balance &amp; Stability</u> (27 mins)	19 <u>Wake Up Yin Yoga</u> (23 mins)	20 <u>Bed Time Yin Yoga</u>	21 <u>Yoga for a Fresh Start</u> (25 mins)	22 <u>I Am Powerful</u> (27 mins)
23 <u>Total Body Yin</u> (37 mins) 30 <u>Yin Yoga for Summer</u> (26 mins)	24 <u>Yoga Flow for Emotional Release</u> (26 mins) 31 <u>Yoga to Feel Open</u> (30 mins)	25 <u>First Quarter Moon Yoga</u> (28 mins)	26 <u>Yin Yoga for Healing</u> (24 mins)	27 <u>Summer Solstice Flow</u> (27 mins)	28 <u>Yoga to Speak Your Truth</u> (31 mins)	29 <u>Yoga for Better Sex Flow</u> (31 mins)