



# Seek

## AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Full Moon Yoga Flow</u> (35 mins)	2 <u>Journey Inwards Yin Yoga</u> (22 mins)	3 <u>Full Body Chakra Flow</u>	4 <u>Twisty Flow</u> (32 mins)	5 <u>Find Freedom Flow</u> (20 mins)
6 <u>Feel Good Morning Yoga</u> (8 mins)	7 <u>I Am Proud Yoga</u> (28 mins)	8 <u>Open Your Heart Flow</u> (33 mins)	9 <u>Cooling Yin for Summer</u> (26 mins)	10 <u>Yoga to Raise Your Vibration</u> (25 mins)	11 <u>Yoga for Hot Summer Days</u> (18 mins)	12 <u>Calming Yoga</u> (19 mins)
13 <u>Rise &amp; Shine Yin Yoga</u> (23 mins)	14 <u>Zodiac Yoga: Leo Season</u> (27 mins)	15 <u>New Moon Yoga Flow</u> (32 mins)	16 <u>New Moon Yin Yoga</u> (35 mins)	17 <u>Yin Yoga for Gratitude</u>	18 <u>Yoga to Boost Self Esteem</u> (29 mins)	19 <u>Emotional Healing Yoga</u> (28 mins)
20 <u>Yin Yoga for Self Compassion</u> (30 mins)	21 <u>Yoga for Self Discovery</u> (25 mins)	22 <u>Get Grounded Flow</u> (21 mins)	23 <u>Relaxing Yin Yoga</u> (26 mins)	24 <u>Yin to Release Control</u> (27 mins)	25 <u>Release Stuck Emotions</u> (26 mins)	26 <u>Quick Morning Yin Yoga</u> (16 mins)
27 <u>Wind Down Flow</u> (25 mins)	28 <u>Yoga to Strengthen Your Intuition</u> (27 mins)	29 <u>Release Anger Flow</u> (16 mins)	30 <u>Full Moon Yin Yoga</u> (36 mins)	31 <u>Yoga Reset</u>	<u>Third Eye Chakra Yin Yoga</u> (25 mins)	29 <u>Ground &amp; Stretch Flow</u> (23 mins)