


# Ground

## SEPTEMBER 2023

**Rediscover Your Yoga Purpose Challenge**  
 begins September 11th! Days marked with a  are part of the challenge. [Sign up here](#) for challenge bonuses!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>Twisty Flow</u> (32 mins)	2 Wind Down Flow (25 mins)
3 <u>Yin Yoga Hip Opening Sequence</u> (48 mins)	4 <u>Full Body Chakra Flow</u> (28 mins)	5 <u>Yoga to Feel More Grounded</u> (31 mins)	96 <u>Yin to Release Control</u> (25 mins)	7 <u>Yoga to Raise Your Vibration</u> (25 mins)	8 <u>Yoga Reset</u> (17 mins)	9 <u>After Travel Yoga</u> (32 mins)
10 <u>Root Chakra Yin Yoga</u> (25 mins)	11  <u>Root to Rise Yoga Flow</u> (21 mins)	12  <u>Find Stability Flow</u> (20 mins)	13  <u>Grounding Yin Yoga</u> (28 mins)	14  <u>Balance, Stretch &amp; Strengthen</u> (25 mins)	15  <u>Deep Yoga Stretch - Lower Body</u> (22 mins)	16 <u>Calming Yoga</u> (19 mins)
17 <u>Yin Yoga for Gratitude</u> (30 mins)	18 <u>Feel Good Slow Flow</u> (24 mins)	19 <u>Yoga to Fill Your Cup</u> (29 mins)	20 <u>Yin Yoga for Digestive Health</u> (22 mins)	21  <u>Fall Equinox Yoga</u> (25 mins)	22 <u>Fall Equinox Flow</u> (34 mins)	23 <u>Yoga Pick Me Up</u> (16 mins)
24 <u>Yin Yoga for the Fall Equinox</u> (29 mins)	25 <u>Yoga for Balance &amp; Stability</u> (27 mins)	26 <u>Yoga for a Fresh Start</u> (24 mins)	27 <u>Bedtime Yin Yoga</u> (25 mins)	28  <u>Yin Yoga for Abundance</u> (25 mins)	29 <u>Slow Flow for a Rainy Day</u> (26 mins)	30 <u>Cozy Yin Yoga</u> (30 mins)