

Connect

OCTOBER 2023

ONLINE Mindful Self Care Workshop: Build a Yoga Toolkit
 Adopt a yogi mindset to ditch overwhelm, anxiety & stress
 to thrive in your modern life.
BOOK YOUR SPOT!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <u>Third Eye Chakra</u> <u>Yin Yoga</u> (25 mins)	2 <u>Yoga Reset</u> (17 mins)	3 <u>Full Body Chakra</u> <u>Flow</u> (26 mins)	4 <u>Yin Yoga for</u> <u>Gratitude</u> (30 mins)	5 <u>Yoga for Emotional</u> <u>Control</u> (28 mins)	6 <u>Calming Yoga</u> (19 mins)	7 <u>Yoga to Raise Your</u> <u>Vibration</u> (25 mins)
8 <u>Yin Yoga for</u> <u>Digestive Health</u> (20 mins)	9 <u>Yoga for Self</u> <u>Discipline</u> (29 mins)	10 <u>Yoga to Boost</u> <u>Body Image</u> (16 mins)	11 <u>Yin Yoga for</u> <u>Anxiety & Stress</u> (26 mins)	12 ✨ <u>Total Body Yoga</u> <u>for Connection</u> (25 mins)	13 <u>Wind Down Flow</u> (25 mins)	14 <u>Grounding</u> <u>Vinyasa Flow</u> (21 mins)
15 <u>Yin Yo Release</u> <u>Control</u> (27 mins)	16 <u>Feel Good Slow</u> <u>Flow</u> (24 mins)	17 <u>I Am Enough Yoga</u> (34 mins)	18 <u>Let It Be Yin Yoga</u> (21 mins)	19 <u>Heart Opening</u> <u>Vinyasa Flow</u> (33 mins)	20 <u>Lazy Morning</u> <u>Yoga in Bed</u> (10 mins)	21 <u>Body Love Slow</u> <u>Flow</u> (30 mins)
22 <u>Yin Yoga Hip</u> <u>Opening</u> (48 mins)	23 <u>Twisty Flow</u> (32 mins)	24 <u>Yoga to Feel Open</u> (30 mins)	25 <u>Yin Yoga for Sleep</u> (38 mins)	26 ✨ <u>Yin Yoga for</u> <u>Acceptance</u> (36 mins)	27 <u>Easy Morning Pick</u> <u>Me Up Yoga</u> (11 mins)	28 <u>Calming Yoga</u> <u>Practice</u> (23 mins)
29 <u>Yin Yoga for Self</u> <u>Compassion</u> (30 mins)	30 ✨ WORKSHOP! <u>Yoga for Inner</u> <u>Connection</u> (23 mins)	31 <u>Yoga for Avid</u> <u>Readers</u> (30 mins)				