

# Shine

## NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Yin Yoga to Go Inward</u> (22 mins)	2 <u>Yoga for Balance &amp; Stability</u> (27 mins)	3 <u>Freedom Yoga Flow</u> (20 mins)	4 <u>20 Minute Calming Yoga</u> (20 mins)
5 <u>Relaxing Yin Yoga</u> (26 mins)	6 <u>Grounding Vinyasa Flow</u> (21 mins)	7 <u>Reset Your Energy</u> (4 mins)	8 <u>Wake Up Yin Yoga</u> (23 mins)	9 ✨ <u>Open Your Heart Yoga</u>	10 <u>Twisty Flow</u> (32 mins)	11 <u>Easy Morning Pick Me Up</u> (11 mins)
12 <u>Full Body Yin Yoga</u> (37 mins)	13 <u>Heart Opening Vinyasa Flow</u> (33 mins)	14 <u>Yoga for Self Discovery</u> (25 mins)	15 <u>Yin Yoga for Empowerment</u> (27 mins)	16 <u>Yoga for Self Compassion</u> (22 mins)	17 <u>Feel Good Slow Flow</u> (24 mins)	18 <u>Wind Down Flow</u> (25 mins)
19 <u>Heart Chakra Yin Yoga</u> (36 mins)	20 <u>Yoga to Strengthen Your Intuition</u> (27 mins)	21 <u>Yoga for Emotional Control</u> (28 mins)	22 <u>Yin Yoga for Gratitude</u> (30 mins)	23 ✨ <u>Yin Yoga for Your Nervous System</u>	24 <u>Yoga Reset</u> (17 mins)	25 <u>Cozy Yoga Flow</u> (27 mins)
26 <u>Self Love Yin Yoga</u> (29 mins)	27 <u>Total Body Yoga for Connection</u> (30 mins)	28 <u>Yoga for Emotional Release</u> (26 mins)	29 <u>Yin Yoga for Abundance</u> (25 mins)	30 <u>Soulful Yoga Flow</u> (33 mins)		