



Expand

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>Reset Your Energy</u> (4 mins)	2 <u>Calming Yoga</u> (20 mins)
3 <u>Let It Be Yin Yoga</u> (21 mins)	4 <u>Yoga to Let Go of Anger</u> (16 mins)	5 <u>Calming Yoga Practice</u> (23 mins)	6 <u>Full Body Yin Yoga Stretch</u> (37 mins)	7 ✨ <u>Gentle Grounding Flow</u> (27 mins)	8 <u>Grounding Vinyasa Flow</u> (21 mins)	9 <u>Cozy Yin Yoga</u> (34 mins)
10 <u>Yin for the Holidays</u> (27 mins)	11 <u>Yoga for Emotional Control</u> (28 mins)	12 <u>Freedom Yoga Flow</u> (20 mins)	13 <u>Relaxing Yin Yoga</u> (26 mins)	14 <u>Yoga for Self Discipline</u> (29 mins)	15 <u>Yoga for Self Discovery</u> (25 mins)	16 <u>Blanket Yoga</u> (23 mins)
17 <u>Yin Yoga for Your Nervous System</u> (27 mins)	18 <u>Yoga Flow for Emotional Release</u> (26 mins)	19 <u>Yoga to Open Your Heart</u> (26 mins)	20 <u>Yin Yoga for Stress & Anxiety Relief</u> (26 mins)	21 ✨ <u>Winter Solstice Yin Yoga</u> (23 mins)	22 <u>Yoga for Inner Connection</u> (23 mins)	23 <u>Cozy Yoga Flow</u> (27 mins)
24 <u>Yin Yoga for Stress</u> (43 mins)	25 <u>Feel Good Slow Flow</u> (24 mins)	26 <u>Twisty Flow</u> (32 mins)	27 <u>Throat Chakra Yin Yoga</u> (35 mins)	28 <u>Yoga to Let Go of What No Longer Serves You</u> (23 mins)	29 <u>Soulful Yoga Flow</u> (33 mins)	30 <u>Full Body Chakra Flow</u> (24 mins)
31 <u>New Year Meditation</u> (9 mins)						