



Glow

FEBRUARY 2024

Sacred Exploration spots are open!
 Get personalized support on your path to acceptance & confidence in my 1-on-1 program. [Book your first call here!](#)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Feel Good Slow Flow</u> (24 mins)	2 <u>Yoga Reset</u> (17 mins)	3 <u>Calming Yoga Practice</u> (23 mins)
4 <u>Yin Yoga for Acceptance</u> (36 mins)	5 <u>Gentle Grounding Flow</u> (27 mins)	6 <u>Twisty Flow</u> (32 mins)	7 <u>Bedtime Yin Yoga</u> (25 mins)	8 ✨ <u>NEW CLASS</u>	9 <u>Meditation for Self Love</u> (8 mins)	10 <u>Freedom Yoga Flow</u> (20 mins)
11 <u>Yin Yoga for Overwhelm</u> (25 mins)	12 <u>Yoga for Emotional Control</u> (28 mins)	13 <u>Yoga to Open Your Heart</u> (26 mins)	14 <u>Self Love Yin Yoga</u> (28 mins)	15 <u>Yoga for a Fresh Start</u> (24 mins)	16 <u>Cozy Yin Yoga</u> (34 mins)	17 <u>Yoga for Feeling Sexy</u> (16 mins)
18 <u>Yin Yoga for Your Nervous System</u> (27 mins)	19 <u>Heart Opening Vinyasa Flow</u> (33 mins)	20 <u>Total Body Yoga for Connection</u> (30 mins)	21 <u>Yin Yoga for Inner Peace</u> (32 mins)	22 ✨ <u>NEW CLASS</u>	23 <u>Calming Yoga</u> (20 mins)	24 <u>I Am Love Yoga</u> (26 mins)
25 <u>Yin Yoga for Gratitude</u> (30 mins)	26 <u>Yoga to Raise Your Vibration</u> (25 mins)	27 <u>Yoga to Let Go of What No Longer Serves You</u> (23 mins)	28 <u>Yin Yoga for Self Compassion</u> (30 mins)	29 <u>Yoga to Feel Empowered</u> (21 mins)		