

Journey

JANUARY 2024

Rediscover Your Yoga Purpose Challenge
begins January 1st! Days marked with a  are part of the challenge. [Sign up here](#) for challenge bonuses!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 DAY 1: <u>Root to Rise</u> (21 mins)	2 DAY 2: <u>Find Stability</u> (20 mins)	3 DAY 3: <u>Grounding Yin</u> (28 mins)	4 DAY 4: <u>Balance, Stretch *</u> <u>Strengthen</u> (26 mins)	5 DAY 5: <u>Deep Lower Body</u> (22 mins)	6 <u>Gentle Grounding</u> <u>Flow</u> (27 mins)
7 <u>Yin Yoga for Your</u> <u>Nervous System</u> (27 mins)	8 <u>Yoga for Self</u> <u>Discipline</u> (29 mins)	9 <u>Yoga Reset</u> (17 mins)	10 <u>Yin Yoga for Inner</u> <u>Peace</u> (32 mins)	11  <u>NEW CLASS</u>	12 <u>Soulful Yoga Flow</u> (33 mins)	13 <u>Yoga to Let Go of</u> <u>What No Longer</u> <u>Serves You</u> (23 mins)
14 <u>Yin Yoga for</u> <u>Abundance</u> (25 mins)	15 <u>Yoga to Raise Your</u> <u>Vibration</u> (25 mins)	16 <u>Full Body Chakra</u> <u>Flow</u> (24 mins)	17 <u>Yin Yoga for</u> <u>Gratitude</u> (30 mins)	18 <u>Twisty Flow</u> (32 mins)	19 <u>Heart Opening</u> <u>Vinyasa Flow</u> (33 mins)	20 <u>Calming Yoga</u> <u>Practice</u> (23 mins)
21 <u>Let It Be Yin Yoga</u> (21 mins)	22 <u>Feel Good Slow</u> <u>Flow</u> (24 mins)	23 <u>Yoga for Emotional</u> <u>Control</u> (28 mins)	24 <u>Yin Yoga for Sleep</u> (37 mins)	25  <u>NEW CLASS</u>	26 <u>Yoga for a Fresh</u> <u>Start</u> (24 mins)	27 <u>Cozy Yoga Flow</u> (27 mins)
28 <u>Full Body Yin Yoga</u> <u>Stretch</u> (37 mins)	29 <u>Yoga for Total</u> <u>Body Connection</u> (30 mins)	30 <u>Yoga to Open</u> <u>Your Heart</u> (26 mins)	31 <u>Earth Element Flow</u> (27 mins)			