



Trust

MARCH 2024

COMMAND YOUR CONFIDENCE

Sign up for a FREE mini-course packed with 4 practical skills to navigate your self-doubt in less than 10 minutes a day.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>Gentle Grounding Flow</u> (27 mins)	2 <u>Calming Yoga</u> (20 mins)
3 <u>Yin Yoga for Overwhelm</u> (25 mins)	4 <u>Feel Good Slow Flow</u> (24 mins)	5 <u>Twisty Flow</u> (32 mins)	6 <u>Let It Be Yin Yoga</u> (21 mins)	7 ✨ NEW CLASS	8 <u>Yoga for Total Body Connection</u> (30 mins)	9 <u>Cozy Yin Yoga</u> (34 mins)
10 <u>Yin Yoga for Acceptance</u> (36 mins)	11 <u>Soulful Yoga Flow</u> (30 mins)	12 <u>Grounding Vinyasa Flow</u> (21 mins)	13 <u>Yin Yoga for Healing</u> (24 mins)	14 <u>Self Love Flow</u> (30 mins)	15 <u>Freedom Yoga Flow</u> (20 mins)	16 <u>Easy Morning Yin Yoga</u> (16 mins)
17 <u>Yin Yoga for Gratitude</u> (30 mins)	18 <u>Yoga for Self Compassion</u> (22 mins)	19 <u>Standing Morning Yoga</u> (8 mins)	20 <u>Yin Yoga for Self Compassion</u> (30 mins)	21 ✨ NEW CLASS	22 <u>Yoga to Raise Your Vibration</u> (25 mins)	23 <u>Bedtime Yoga Stretch</u> (18 mins)
24 <u>Yin Yoga to Release Control</u> (27 mins)	25 <u>Yoga for Self Discovery</u> (25 mins)	26 <u>Reset Your Energy</u> (4 mins)	27 <u>Yin Yoga for Empowerment</u> (27 mins)	28 <u>Fluid Yoga Flow</u> (32 mins)	29 <u>Yoga to Let Go of Anger</u> (16 mins)	30 <u>Yoga for When You're Lonely</u> (34 mins)
25 <u>Yin Yoga for Inner Peace</u> (32 mins)						