

APRIL 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| | | | | 1 Restorative Yoga with Music 30 min | 2 Twist It Out 30 min | 3 Silent Yin Heart & Shoulders 30 min |
| 4 Yoga for Beginners 40 min | 5 Energizing Vinyasa Flow 30 min | 6 Hips and Back 10 min | 7 Yoga for Runners 20 min | 8 Bedtime Stretch 20 min | 9 Flow to Splits 75 min | 10 Gentle Full Body Flow 10 min |
| 11 Yoga for Flexibility 30 min | 12 Yoga Core Burn 25 min | 13 Heart Opening Yin Yoga 10 min | 14 Happy Spine Yoga 20 min | 15 Yoga for Tight Hips 30 min | 16 Gentle Yoga Moon Flow 15 min | 17 Complete Beginners Seated 30 min |
| 18 Upper Body Strength 10 min | 19 Short & Sweet Yoga Flow 5 min | 20 Shoulders and Neck 10 min | 21 Intermediate Full Body Yoga Flow 30 min | 22 ASMR Yin Yoga for Deep Sleep 20 min | 23 Arm Balance Flow 40 min | 24 Slow and Stretchy Flow 30 min |
| 25 Guided Breathing Meditation 7 min | 26 Backbend Flow 30 min | 27 Morning Yin 15 min | 28 After Work Yoga 40 min | 29 Everyday Stretch 5 min | 30 Goddess Flow 15 min | |

