

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Morning Energy 15 min	2 Upper Body Strength 10 min	3 Hips and Back 10 min	4 Yoga Core Burn 25 min	5 Sleep Easy Bedtime Stretch 20 min	6 Upper Back Vinyasa 60 min	7 Morning Yin Yoga Stretch 15 min
8 Rise & Shine Morning Yoga Stretch 20 min	9 Lower Body Strength 10 min	10 Happy Spine Yoga 20 min	11 Full Body & Core Flow 25 min	12 ASMR Yin Yoga for Deep Sleep 20 min	13 Morning Vinyasa Heart & Hips 60 min	14 Yin Yoga for Legs & Feet 30 min
15 Everyday Stretch 5 min	16 Slow Strength 10 min	17 Yoga for Back Pain 30 min	18 All About the Core 40 min	19 NEW! Bedtime Stretch 15 min	20 Intermediate Full Body Yoga Flow 30 min	21 Yin Yoga for Tight Hips 40 min
22 Morning Yin 15 min	23 Back Strength 10 min	24 Lower Back Morning 10 min	25 Yoga & Abs Workout 30 min	26 Bedtime Yoga 20 min	27 Flow to Crow 60 min	28 Silent Yin Yoga 30 min
29 Short & Sweet Yoga Flow 5 min	30 Core 10 min	31 Yoga for Better Posture 20 min				