

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Rise & Shine Yoga Stretch 20 min	2 Twist It Out 30 min	3 Upper Back Vinyasa 60 min	4 ASMR Bedtime Stretch 8 min
5 Beginner Standing Flow 30 min	6 Backbend Flow 30 min	7 Morning Yin 15 min	8 Yoga Core Burn 25 min	9 Silent Yin for Hips 15 min	10 Flow to Crow 60 min	11 ASMR Yoga Stretch 20 min
12 Beginner Seated Flow 30 min	13 Heart & Balance Vinyasa 30 min	14 Yoga for Back Pain 30 min	15 Ladder Vinyasa Flow 25 min	16 Slow & Stretchy Flow 30 min	17 Full Body Intermediate 30 min	18 ASMR Yin for Deep Sleep 20 min
19 Sunrise Yoga 10 min	20 Yoga & Abs Workout 30 min	21 Happy Spine 20 min	22 After Work Yoga 40 min	23 Morning Energy 15 min	24 Short & Sweet Flow 5 min	25 NEW! ASMR Yoga for Digestion 15 min
26 No Chaturanga Flow 25 min	27 Goddess Flow 15 min	28 Full Body Stretch 20 min	29 Yoga for Tight Hips 30 min	30 Morning Yin Yoga Stretch 15 min	31 Twisty Flow 20 min	