

# FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 <b>Happy Spine Yoga</b> 20 min	2 <b>Energising Vinyasa Flow</b> 30 min	3 <b>Slow and Stretchy Yoga Flow</b> 30 min	4 <b>ASMR Yin Yoga for Deep Sleep</b> 20 min	5 <b>Beginners Yoga - Standing</b> 30 min	6 <b>Bedtime Stretch</b> 20 min <i>NEW</i>
7 <b>Beginner Backbend Flow</b> 30 min	8 <b>Cardio Yoga Workout</b> 25 min	9 <b>Twist It Out</b> 30 min	10 <b>Slow Strength</b> 10 min	11 <b>Full Body Yin Yoga</b> 20 min	12 <b>All About the Core Vinyasa</b> 40 min	13 <b>Lower Back Morning</b> 10 min
14 <b>Yoga for Runners</b> 20 min	15 <b>Full Body Yoga Flow</b> 25 min	16 <b>Gentle Yoga Moon Flow</b> 15 min	17 <b>Yoga for Better Posture</b> 20 min	18 <b>Yin Yoga for Tight Hips</b> 35 min	19 <b>Beginners Yoga - Seated</b> 30 min	20 <b>ASMR Yoga Stretch</b> 20 min <i>NEW</i>
21 <b>Rise &amp; Shine</b> 10 min	22 <b>Ladder Vinyasa Flow</b> 30 min	23 <b>Yoga for Tight Hamstrings</b> 20 min	24 <b>Yoga and Abs Workout</b> 30 min	25 <b>Silent Yin Yoga</b> 30 min	26 <b>Arm Balance Flow</b> 40 min	27 <b>Morning Yoga Stretch</b> 20 min
28 <b>Full Body Stretch</b> 10 min						

