

JUNE 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|--|---|
| | | 1 Goddess Flow 15 min | 2 New Beginnings 10 min | 3 Twist It Out 30 min | 4 Legs and Booty Flow 30 min | 5 ASMR Yoga Stretch 20 min |
| 6 Morning Confidence 10 min | 7 Heart + Balance Vinyasa 30 min | 8 Full Body Stretch 20 min | 9 Yoga Core Burn 25 min | 10 Bedtime Stretch 20 min | 11 Standing Balances 75 min | 12 Yin Yoga for Legs & Feet 30 min |
| 13 Gentle Yoga Moon Flow 15 min | 14 NEW! Ladder Vinyasa Flow 25 min | 15 Yoga for Back Pain 30 min | 16 Morning Yin Yoga Stretch 15 min | 17 Happy Spine Yoga 20 min | 18 Intermediate Full Body Flow 30 min | 19 Short & Sweet Yoga Flow 5 min |
| 20 Sunrise Yoga 10 min | 21 Arm Balance Flow 40 min | 22 Everyday Stretch 5 min | 23 After Work Yoga 40 min | 24 De-Stress 10 min | 25 Rocket 3 Yoga 90 min | 26 Silent Yin Yoga 30 min |
| 27 Yoga for Flexibility 30 min | 28 Yoga and Abs Workout 30 min | 29 Yin Yoga for Tight Hips 40 min | 30 Cardio Yoga Workout 30 min | | | |