

# MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 <b>Heart Opening &amp; Balance</b> 30 min	2 <b>Yoga for Flexibility</b> 30 min	3 <i>NEW</i> <b>Short &amp; Sweet Yoga Flow</b> 5 min	4 <b>Hip Opening Yin</b> 10 min	5 <b>Full Body Yoga for Beginners</b> 40 min	6 <b>Twist</b> 15 min
7 <b>Full Body Stretch</b> 20 min	8 <i>NEW</i> <b>Women's Day Goddess Flow</b> 15 min	9 <b>Yoga for Back Pain</b> 30 min	10 <b>Strong and Toned Arms</b> 20 min	11 <b>Yin Yoga for Legs &amp; Feet</b> 30 min	12 <b>No Chaturanga Yoga Flow</b> 25 min	13 <b>Heart Opening Flow</b> 10 min
14 <b>Bedtime Stretch</b> 20 min	15 <b>Full Body Yoga Flow</b> 30 min	16 <b>Sunrise Yoga</b> 10 min	17 <b>Happy Spine Yoga</b> 20 min	18 <b>Morning Yin</b> 15 min	19 <b>Full Body Ladder Flow</b> 75 min	20 <b>Balance</b> 10 min
21 <b>Energizing Yoga Flow</b> 20 min	22 <b>Backbend Flow for Beginners</b> 30 min	23 <i>NEW</i> <b>Everyday Stretch</b> 5 min	24 <b>After Work Yoga</b> 40 min	25 <b>Lower Back Love Yin</b> 30 min	26 <b>Yoga &amp; Abs Workout</b> 30 min	27 <b>New Beginnings</b> 15 min
28 <b>After Hike Yoga Stretch</b> 30 min	29 <b>Yoga for Better Posture</b> 20 min	30 <b>Breath</b> 10 min	31 <b>Move</b> 10 min			

