

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Heart Opening Vinyasa 30 min	31 Yoga for Better Posture 20 min					1 Lower Back Love Yin 30 min
2 Morning Flexibility 10 min	3 Yoga Core Burn 25 min	4 Yoga for Flexibility 30 min	5 After Work Yoga 40 min	6 Everyday Stretch 5 min	7 Strong & Toned Arms 20 min	8 Upper Body Yin Yoga 30 min
9 Slow & Stretchy Flow 30 min	10 Ladder Vinyasa Flow 30 min	11 Yoga for Tight Hips 30 min	12 Restorative Yoga with Music 30 min	13 Morning Deep Stretch 10 min	14 Goddess Flow 15 min	15 Morning Yin Yoga Stretch 15 min NEW
16 Twist It Out 30 min	17 Backbend Flow for Beginners 30 min	18 Shoulders and Neck 10 min	19 Short & Sweet Yoga Flow 5 min	20 Rise & Shine Morning Stretch 20 min	21 Intermediate Full Body Flow 30 min	22 Silent Yin Yoga 30 min
23 Yoga for Back Pain 30 min	24 No Chaturanga Flow 25 min	25 Yoga for Tight Hamstrings 20 min	26 Happy Spine Yoga 20 min	27 Bedtime Stretch 20 min	28 Yoga & Abs Workout 30 min	29 Yin Yoga for Legs & Feet 30 min