

OCTOBER 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|---|
| 31 Energizing Morning 10 min | | | | | 1 Yoga for Flexibility 30 min | 2 ASMR Yin for Deep Sleep 20 min |
| 3 Gentle Full Body Flow 10 min | 4 Everyday Stretch 5 min | 5 Morning Yin 15 min | 6 Slow & Stretchy Flow 30 min | 7 Bedtime Stretch 20 min | 8 Gentle Moon Yoga Flow 15 min | 9 Lower Back Love Yin 30 min |
| 10 Morning Energy 15 min | 11 Twisty Flow 20 min | 12 Heart Opening Yin 10 min | 13 Backbend Flow 30 min | 14 Yoga Core Burn 25 min | 15 Yoga for Better Posture 20 min | 16 NEW! Silent Yin for Hips 15 min |
| 17 Energizing Flow 20 min | 18 Ladder Vinyasa Flow 25 min | 19 Morning Yin Yoga Stretch 15 min | 20 After Work Yoga 40 min | 21 Goddess Flow 15 min | 22 Rise & Shine Morning Stretch 20 min | 23 Upper Body Yin 30 min |
| 24 Energizing Vinyasa Flow 30 min | 25 Happy Spine Yoga 20 min | 26 Shoulder Opening Yin 10 min | 27 Yoga & Abs Workout 30 min | 28 No Chaturanga Flow 25 min | 29 Full Body Stretch 10 min | 30 Silent Yin Yoga 30 min |