

JUNE

"Nothing is softer, or more flexible than water,
yet nothing can resist it." ~ Lao Tzu

SUN	MON	TUE	WED	THU	FRI	SAT
		Low Back Rescue 14 min 1	Yin Livestream 75 min 2	Pranayama for flow 17 min 3	Align & Flow Livestream 75 min 4	Melt Tension 12 min 5
Soothing Waves 28 min 6	Gentle Livestream 75 min 7	Water Meditation 14 min 8	Yin Livestream 75 min 9	Wind Down 11 Min 10	Align & Flow Livestream 75 min 11	Low Back Flow 56 min 12
Calming for Bedtime 23 min 13	Gentle Livestream 75 min 14	3 Point Breathing 10 min. 15	Yin Livestream 75 min 16	Relaxing Anytime Yoga 12 min 17	Align & Flow Livestream 75 min 18	Sleepytime Yoga 11 min 19
Mellow Flow 21 min 20	Gentle Livestream 75 min 21	Cool Down for Hot Day 21 min 22	Yin Livestream 75 min 23	Nourishing for Upper Body 34 min 24	Align & Flow Livestream 75 min 25	Meditation for Emotions 18 min 26
Make your way ~ Surya Yantrasana 80 min 27	Gentle Livestream 75 min 28	Yoga Nidra 23 min 29	Yin Livestream 75 min 30			