

may 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>FLAKY DAYS: Energize When You'd Rather Not</p>	<p>TWIST & SHOUT: Floor Practice with Twists</p>	<p>THE EMPEROR: Stand In Your Power</p>	<p>1 elemental walk meditation</p>	<p>2 STRETCH IT OUT: Loosen Up</p> <p>☾</p>	<p>3 PELVIC PLAY: Hips & Legs</p>	<p>4 PLANT THY TREE: Get Grounded</p>
<p>5 LET'S BLOOM Kathryn Budig</p>	<p>6 AM HONEY: Wake Up Slow</p>	<p>7 THE HERMIT: Illuminate From Within</p>	<p>8 NICE STEMS: Lower Body Flex</p> <p>●</p>	<p>9 chamomile meditation</p>	<p>10 FLORAL FOREPLAY: Wrist Warm Up</p>	<p>11 STAND TALL AND STRONG: Build The Basics</p>
<p>12 SUNNY SIDE B: Perk Yourself Up</p>	<p>13 PLEASURE PRESCRIPTION: Full Body Run Down</p>	<p>14 clear out the cobwebs meditation</p>	<p>15 LETTING GO: Restorative Hip Openers</p>	<p>16 TAKE A MOMENT FOR YOU: Find Inner Strength</p>	<p>17 THE SUN: Find Your Light</p>	<p>18 AM SAUCE: Yoga Espresso Shot</p>
<p>19 BE EASY: Pump Yourself Up</p>	<p>20 JITTERBUG: Anxious to Energetic</p> <p>♊</p>	<p>21 FRESH SQUEEZED: Work Your Whole Body</p>	<p>22 balancing act meditation</p>	<p>23 PRACTICE SUBMISSION: Open Up Postures</p> <p>○</p>	<p>24 TUNE INTO YOU: Feel Your Strength</p>	<p>25 SEAT OF THE SUN: Seated Sun Salutations</p>
<p>26 DEATH: Experience Rebirth</p>	<p>27 TEARS & FEARS: Let Emotions Out</p>	<p>28 BED BLOOM: Prep Your Arms, Hands & Back</p>	<p>29 THE EMPRESS: Re-Mother Yourself</p>	<p>30 PIN CUSHION: Meditate Your Feelings</p>	<p>31 HEART SHINE: Open Up</p> <p>☾</p>	<p>BELLIES' BREW: Morning Perk Up</p>