

# DECEMBER

2023



mon	tue	wed	thu	fri	sat	sun
27	28	29	30	1 <u>NEW video</u> 	2 <u>30 minute</u> <u>yin</u>	3 rest day 
4 <u>15 min</u> <u>morning</u> <u>yoga</u>	5 <u>20 min</u> <u>grounding</u> <u>yoga</u>	6 <u>14 min</u> <u>deep</u> <u>stretch</u>	7 <u>10 mins for</u> <u>neck and</u> <u>shoulders</u>	8 <u>NEW video</u> 	9 <u>30 minute</u> <u>balance flow</u>	10 rest day 
11 <u>20 min</u> <u>after work</u>	12 <u>10 min</u> <u>morning</u> <u>yoga</u>	13 <u>15 min</u> <u>forward</u> <u>fold flow</u>	14 <u>25 mins to</u> <u>refresh</u>	15 <u>NEW video</u> 	16 <u>30 min</u> <u>vinyasa</u>	17 rest day 
18 <u>20 minute</u> <u>yin</u>	19 <u>shoulder</u> <u>focused</u> <u>flow</u>	20 <u>20 mins for</u> <u>overthinking</u>	21 <u>10 mins for</u> <u>tight legs</u>	22 <u>NEW video</u> 	23 <u>30 min</u> <u>peace flow</u>	24 rest day 
25 <u>lower body</u> <u>flow</u>	26 <u>20 minute</u> <u>hip</u> <u>mobility</u>	27 <u>10 min</u> <u>restorative</u>	28 <u>core</u> <u>strength</u> <u>routine</u>	29 <u>NEW video</u> 	30 <u>30 min</u> <u>animal flow</u>	31 rest day 