

# MARCH MOBILITY

**A 31 DAY YOGA CALENDAR TO  
IMPROVE AND INCREASE  
YOUR OVERALL FLEXIBILITY**





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1 Beginner Yin Yoga 60 min	2 Yoga for Sore Muscles 30 min	3 Root Chakra Vin to Yin 60 min	4 Deep Stretch for Hips 15 min	5 Yin for Side Splits 50 min	6 Finding Strength Within 30 min	7 Yoga for Hips & Hamstrings 60 min
8 Morning Yoga Stretch 10 min	9 Yin for Stress Relief 30 min	10 Yin Yoga for Hips 50 min	11 Bedtime Yoga for Beginners 20 min	12 Deep Stretch Long Hold Yin 90 min	13 Yoga Stretches for Wrists 5 min	14 No Props Yin Yoga 60 min
15 Full Body Yoga Stretch 10 min	16 Yin for Tight Hips 40 min	17 Evening Full Body Stretch 10 min	18 Yin for Libido 60 min	19 Therapy Ball Glutes & Quads 30 min	20 Yoga for Hips & Hamstrings 20 min	21 Self Love Yin Yoga 30 min
22 Tight Calves and Ankles 20 min	23 Yin Without Props 40 min	24 Unwind After Work 25 min	25 Shoulder Flexibility 5 min	26 Yin for Back Flexibility 30 min	27 Yoga Binds Vinyasa Flow 35 min	28 Flexibility Yoga Flow 10 min
29 Yin for Lower Back 30 min	30 Fluid Hips Yoga Flow 15 min	31 Yin Yoga Deep Stretch 90 min				

