

EVENING YOGA TO UNWIND

MAY 2020

1 Gentle Bedtime Stretches 20 min	2 Yin Deep Stretch 60 min	3 Yoga for a Good Rest 35 min	4 Alternate Nostril Breath 10 min	5 Evening Full Body Stretch 10 min	6 Yin Yoga for Sleep 50 min	7 Evening Relaxation Yoga 15 min
8 Relaxing Evening Stretch 10 min	9 Yin Yoga Deep Stretch 90 min	10 I AM Meditation 10 min	11 Stretch & Relax Yoga 10 min	12 Stress Relief Yoga Flow 30 min	13 Restful Sleep Yoga Flow 30 min	14 Gentle Flow 20 min
15 Yin Yoga at the Wall 30 min	16 Easy Yoga in Bed 10 min	17 No Props Yin Yoga 40 min	18 Top 3 Poses for Sleep 5 min	19 4-4-4 Breathing 10 min	20 Fall Asleep Fast Yoga 20 min	21 Crown Chakra Savasana 15 min
22 Evening Yin to Unwind 30 min	23 Yin Deep Stretch and Long Holds 90 min	24 Sleep & Relax Meditation 20 min	25 Restorative Yoga in Bed 20 min	26 Deep Stretch Yin Yoga 45 min	27 Beginner Yin Yoga 35 min	28 Guided Savasana 10 min
29 Deep Relaxation Yin Yoga 35 min	30 Full Body Slow Flow 30 min	31 Yin Yoga Deep Stretch 60 min				