

YOGA & MEDITATION

1 Slow Flow (10) Affirmation Morning (5)	2 Wind Down (8) Focused Breathing (8)	3 Energy Boost (10) Affirmations for Sleep (5)	4 Flexibility (10) Mantra Meditation (5)	5 Morning Stretch (10) Love Med. (10)	6 Daily Stretch (5) Breathwork Meditation (15)	7 Morning Yin (15) Affirmation for Stress (8)
8 Full Body (10) Positive Thoughts (5)	9 Hands Free (10) Energy Balance (10)	10 Monday Yoga (13) Meditation (5)	11 Tuesday Yoga (17) Meditation (6)	12 Wednesday Yoga (13) Meditation (6)	13 Thursday Yoga (14) Meditation (6)	14 Friday Yoga (16) Meditation (6)
15 Saturday Yoga (16) Meditation (6)	16 Sunday Yoga (17) Meditation (6)	17 Hips & Back (10) Body Scan Meditation (20)	18 Cooldown (10) Intention in 3 Words (10)	19 Gentle Yoga (10) I Am Guided Meditation (8)	20 Morning Yin (20) Affirmation Morning (5)	21 Fire Element (10) Focused Breathing (8)
22 Sunrise Yoga (10) Affirmations for Sleep (5)	23 Morning (10) Mantra Meditation (5)	24 Intermediate Flexibility (10) Love Med (10)	25 Feel Good (5) Breathwork Meditation (15)	26 Warm Up (10) Affirmations for Stress (8)	27 Full Body (10) Positive Thoughts (5)	28 Flexibility (10) Energy Balance (10)
29 Sun Salute (5) Body Scan Meditation (20)	30 Bedtime (10) Intention in 3 Words (10)	31 Strength Yoga (10) I Am Guided Meditation (8)				