







Salute to the Summer - 30 day yoga practice - - Starting on June 21,2022



WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Summer Solstice Vinayasa Flow 	Total Body Yoga Deep Stretch	Total Body Yoga Stretch and Flexibility	Total Body Yoga Strength	Total Body Yoga Stretch and Soothe	Total Body Yoga Breath and Body Practice
Yoga for the Summer Season Asanas to cool your body	Yin Yoga Transitioning into Summer	Yoga for Your Lower Back	Yoga for Sensitive Knees	Power Yoga Detox workout	Sunrise Vinyasa Flow
Yoga and Pranayama for the Summer Season	Yoga for Core Strength	Lower Body Strength and Flexibility	Cooling Yoga Practice Reset your practice	Text Neck Yoga	Yoga for Core Strength
Restorative Yoga Practice	Shoulder and Back Saving routine	Chill Out Sequence Best poses to cool down during summer	30 minute Power Yoga	Yoga Nidra	Yin Yoga for Summer
Yoga for Swimmers 	Yoga for Hikers	Yoga for Cyclists 	Yoga for Runners 	Yoga for Gardeners 	Self-Care Yoga You did it! 

Prices available upon request



Exact times to be determined

Private sessions available