

MARCH 2024

YOGA WITH TIM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 <u>20 Min Morning Yoga Flow</u>	2 <u>10 Min Full Body Mobility</u>
3 <u>20 Min Daily Yoga Flow</u>	4 <u>15 Min Yoga for Back Pain</u>	5 <u>15 Min Morning Mobility Full Bod</u>	6 <u>20 Min Bedtime Yoga Class</u>	7 <u>10 Min Breathwork Ujayi Pranayama Practice</u>	8 <u>25 Min Yoga for Flexibility and Strength</u>	9 <u>20 Min Yoga for Hips and Lower back Release</u>
10 <u>5 Min full body stretch class</u>	11 <u>15 Min Yoga for bloating & digestion</u>	12 <u>30 Min Yoga Workout Flow</u>	13 <u>30 Min Morning Yoga Daily Flow</u>	14 <u>10 Min Ancient Breathwork Viloma Pranayama</u>	15 <u>20 Min Yoga for Strength + Flexibility</u>	16 <u>20 Min All levels Flow</u>
17 <u>15 Min Stretch Routing for athletes</u>	18 <u>18 min Sunrise Yoga Practice</u>	19 <u>30 Min Energizing Full Body Morning</u>	20 <u>20 Min Full body Flow</u>	21 <u>10 Min Guided Meditation for Deep Relaxation</u>	22 <u>40 Min Full Body Full Morning Practice</u>	23 <u>10 Min Bulletproof Knees Class</u>
24 <u>20 Min Strength and Flexibility Yoga Flow</u>	25 <u>10 Min full Body stretch</u>	26 <u>13 Min yoga for Posture</u>	27 <u>30 Min Morning Yoga</u>	28 <u>8 Min Post Workout Stretch Routine</u>	29 <u>10 Min Yoga For Vagus Nerve - Release Anxiety</u>	30 <u>15 Min Yoga for Energy</u>
31 <u>30 Min Feel Good Flow</u>	1	2	3	4	5	6



Become a member: <https://www.timsenesiyoga.com/consciousmovement>