

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>YOGI NORA JUNE 2019</h1>						1
						Bring on the Twists (13 min) & Low Back Love (18 min)
2	3	4	5	6	7	8
Sunday Revival (43 min)	Yoga for Weight Loss (20 min)	Stretch Baby Stretch (30 min)	Abs Workout with Planks (8 min) & Quickie Deep Stretch (15 min)	Yin Stretchy Movement (30 min)	Neck & Shoulder Opener (8 min) & Sweet Yin (17 min)	Leg & Booty Burn (45 min)
9	10	11	12	13	14	15
Self Care Stretch (30 min)	<i>New!</i> Stretch & Burn for Athletes	Graceful Flow (50 min)	Activate Your Core (15 min) & Hamstring Stretch (15 min)	Sweet Gentle Yoga Flow (17 min) Neck & Shoulder Opener (8 min)	Gentle Yoga Flow (40 min)	Yoga for Weight Loss (20 min)
16	17	18	19	20	21	22
Yin Yoga (50 min)	<i>New!</i> Intermediate Vinyasa Flow	Whole Body Stretch (15 min) & Lube Your Knees (15 min)	Leg & Booty Burn (45 min)	Aloha Flow (27 min)	Nora's Favorite Stretches (44 min)	Power Yoga (45 min)
23	24	25	26	27	28	29
Freedom Flow (45 min)	<i>New!</i> Awaken the Spine	Sweet Gentle Yoga Flow (17 min) Activate Your Core (15 min)	Yoga for Athletes (30 min)	Nature Flow (30 min)	Self Care Stretch (30 min)	Nora's 44-Min Workout (44 min)
30	<p>You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens - Mandy Hale</p>					
Sunday Revival (43 min)						