

31 days to feel better in your midlife body

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY THEMES:
	<i>RELEASE TENSION</i> <u>Upper Back & Shoulder Tension</u> ✉ 16 min 	<u>Lower Back Tension</u> 20 min 	<u>Psoas Release</u> ✉ 43 min 	<u>Yoga for Tight Shoulders & Hips</u> 30 min 	<u>Gentle Yoga Flow to Release Stiff Hips</u> ✉ 33 min 	<u>Upper Back Tension & Open Your Heart</u> 34 min 	Week 1: Release Tension
<u>Gentle Evening Flow to Relax & Reset</u> ✉ 16 min 	<i>CALM YOUR NERVOUS SYSTEM</i> <u>Nervous System Release for Deep Sleep</u> 14 min 	<u>Tired But Wired</u> ✉ 10 min 	<u>Bedtime Yoga for Better Sleep</u> 21 min 	<u>Yoga for Overwhelm</u> 10 min 	<u>Burnout Recover for Women</u> ✉ 19 min 	<u>Bedtime Yoga for Calm</u> 21 min <i>Surprise!</i>	Week 2: Calm your Nervous System
<u>Yoga for Overwhelm</u> ✉ 12 min 	<i>CALM ENERGY</i> <u>Yoga for the Afternoon Slump</u> 14 min 	<u>Morning Yoga Before Coffee</u> ✉ 7 min 	<u>Morning Yoga for Confidence</u> 19 min 	<u>Find Your Power</u> ✉ 14 min 	<u>Morning Yoga for Motivation, Focus & Productivity</u> 15 min 	<u>Let Go Flow: Release Stuck Energy</u> 14 min 	Week 3: Calm Energy
<u>Yoga for Energy: Morning</u> ✉ 12 min 	<i>STRENGTH & MOBILITY</i> <u>Your Core Is Bigger Than You Think</u> 23 min 	<u>Gentle Full Body Yoga Stretch</u> 26 min 	<u>8 Yoga Poses for Midlife Women</u> ✉ 47 min 	<u>Confident Yoga Flow to Align Energy + Purpose</u> 37 min 	<u>Yoga for Action-Taking Days</u> ✉ 13 min 	<u>Gratitude Isn't Passive—It's Powerful</u> 13 min 	Week 4: Strength & Mobility
<u>Twists to Release Stress on Every Level</u> ✉ 30 min 	<i>DEEP RELAXATION</i> <u>Restorative Yoga for Deep Calm</u> 15 min 	<u>Feet Up the Wall for Instant Calm</u> ✉ 9 min 	<u>Restorative Yoga for Letting Go</u> ✉ 34 min 				Week 5: Deep Relaxation
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