

# January 2024

#yogawithjaimi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <u>Glow</u> 37 min	<b>2</b> <u>Energizing Flow</u> 15 min	<b>3</b> <u>Quick Strong Core</u> 17 min	<b>4</b> <u>Sway</u> 9 min	<b>5</b> <u>Neck &amp; Shoulders</u> 11 min	<b>6</b> <u>Homeward</u> 37 min
<b>7</b> <u>Rinse</u> 41 min	<b>8</b> <u>Uplift</u> 13 min	<b>9</b> <u>Feet &amp; Ankles</u> 13 min	<b>10</b> <u>Spice</u> 10 min	<b>11</b> <u>Stir</u> 26 min	<b>12</b> <u>Move</u> 8 min	<b>13</b> <u>Flow   Lava</u> 35 min
<b>14</b> <u>Supportive Mandala</u> 23 min	<b>15</b> <u>Ignite</u> 27 min	<b>16</b> <u>Melt</u> 14 min	<b>17</b> <u>Open</u> 19 min	<b>18</b> <u>Drive</u> 15 min	<b>19</b> <u>Renewal</u> 22 min	<b>20</b> <u>Live Class</u> 10am CST Or <u>Pulse</u> 33min
<b>21</b> <u>Velvet</u> 30 min	<b>22</b> <u>Release</u> 11 min	<b>23</b> <u>Breath Dance</u> 16 min	<b>24</b> <u>Nourish</u> 12 min	<b>25</b> <u>Full Moon Mandala</u> 31 min	<b>26</b> <u>Starting Point</u> 17 min	<b>27</b> <u>Refresh</u> 39 min
<b>28</b> <u>Balm</u> 40 min	<b>29</b> <u>Motion</u> 11 min	<b>30</b> <u>Champagne</u> 33 min	<b>31</b> <b>REST</b> All the min			

# *January 2024*

Welcome to January!! To a fresh start and maybe even a little magic.

This is your invitation to challenge yourself for 30 days of movement and breath. If you are searching for a little accountability nudge - this is the time for you. There's so many brand new classes to keep things fresh and fun, and if you miss a day, just join back in.

**Live online class on Saturday January 20. FREE for YwJ members.**

## **How it Works**

- Download the calendar and put it somewhere accessible.
- Clicking on the day's class will bring you there. Follow along daily.
- Invite someone to join you!!
- Comment on the class to be entered into a drawing for fun prizes at the end of the month
- Share an Instagram story of your practice and tag me!! (@jaimipatterson)

**[members.yogawithjaimi.com](https://members.yogawithjaimi.com)**