

March 2024

#yogawithjaimi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>REST</u> <i>All the min</i>	2 <u>Arrive Ocean</u> <i>33 min</i>
3 <u>Rinse</u> <i>41 min</i>	4 <u>Velvet</u> <i>30 min</i>	5 <u>Sculpt: Full Body</u> <i>11 min</i>	6 <u>Sculpt: Core Power</u> <i>12 min</i>	7 <u>Sculpt: Booty Burn</u> <i>12 min</i>	8 <u>Stretch</u> <i>25 min</i>	9 <u>Full Body Recharge</u> <i>32 min</i>
10 <u>Restore</u> <i>24 min</i>	11 <u>Uplift</u> <i>11 min</i>	12 <u>Ignite</u> <i>27 min</i>	13 <u>Motion</u> <i>10 min</i>	14 <u>Fervor</u> <i>30 min</i>	15 <u>REST</u> <i>All the min</i>	16 <u>Soar</u> <i>46 min</i>
17 <u>Live Class</u> <i>11am-12pm CST (or Stir)</i>	18 <u>Renewal</u> <i>22 min</i>	19 <u>Clearing</u> <i>43 min</i>	20 <u>Flow Lava</u> <i>35 min</i>	21 <u>Blossom</u> <i>40 min</i>	22 <u>Refresh</u> <i>39 min</i>	23 <u>Being</u> <i>30 min</i>
24 <u>REST</u> <i>All the min</i>	25 <u>Release</u> <i>10 min</i>	26 <u>Tuesday</u> <i>22 min</i>	27 <u>Wednesday</u> <i>27 min</i>	28 <u>Thursday</u> <i>17 min</i>	29 <u>Friday</u> <i>25 min</i>	30 <u>Saturday</u> <i>20 min</i>
31 <u>Sunday</u> <i>18 min</i>						

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Welcome to March!!

Energy, Spring, Release, Growth and Transformation. It's time to clear the way for new ideas and intentions. New classes and a *Step into Spring* 7 day challenge in honor of the equinox!! Let's go!

LIVE online class on Sunday, March 17.

How it Works

- Download the calendar and put it somewhere accessible.
- Clicking on the day's class will bring you there. Follow along daily or drop in throughout the month.
- Invite someone to join you!!
- Comment on and ❤️ the classes you like!!
- Share an Instagram story of your practice and tag me!! (@jaimipatterson)

members.yogawithjaimi.com