

July Yoga with Jaimi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Maui Monday 25 minutes	2 Maui Tuesday 22 minutes	3 Wed. Morning Express 11 minutes	4 Thurs. Morning Express 8 minutes	5 Fri. Morning Express 11 minutes	6 Rest all the minutes
7 Balm 40 minutes	8 Amethyst 27 minutes	9 Neck + Shoulders 11 minutes	10 Spritz 28 minutes	11 Sway 9 minutes	12 Sculpt Express: Full Body 11 minutes	13 Plum (new) 29 minutes
14 Being 30 minutes	15 Sculpt: Zing 33 minutes	16 Open 19 minutes	17 Rest all the minutes	18 Everyday Stretch 11 minutes	19 Before Dark 22 minutes	20 Arrive Ocean 33 minutes
21 Moon Flow 33 minutes	22 Restore 24 minutes	23 Breath Dance 16 minutes	24 Maui Wed. 27 minutes	25 Maui Thurs. 17 minutes	26 Sculpt Express: Core Power 12 minutes	27 Flow Lava 35 minutes
28 Rest all the minutes	29 Sculpt: Peach 26 minutes	30 Uplift 11 minutes	31 Reset 13 minutes			

