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September

YOGA WITH JAIMI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sweet + Spacious 23 minutes	2 Motion 10 minutes	3 Melt 14 minutes	4 Uplift 11 minutes	5 Supportive Mandala Flow 23 minutes	6 Linger (new!) minutes	7 Flow Lava 35 minutes
8 Rest all the minutes	9 Pastel 32 minutes	10 Find Your Calm 32 minutes	11 Amethyst 27 minutes	12 Nourish 12 minutes	13 Heat 28 minutes	14 Play 29 minutes
15 Homeward 37 minutes	16 Neck + Shoulders 11 minutes	17 Full Moon Mandala 31 minutes	18 Rest all the minutes	19 Stir 26 minutes	20 Before Dark 22 minutes	21 Classic Vinyasa 41 minutes
22 Balm 40 minutes <i>Fall Equinox</i>	23 Fall Monday 31 minutes	24 Fall Tuesday 31 minutes	25 Fall Wednesday 20 minutes	26 Fall Thursday 26 minutes	27 Fall Friday 20 minutes	28 Rest all the minutes
29 Rinse 41 minutes	30 Renewal 22 minutes					

THIS MONTH'S INTENTION:
 Slow down, reconnect, and root. Embrace the new season with presence and balance.

