

July

YOGA WITH JAIMI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Sculpt: Core 12 minutes	2 Open 18 minutes	3 Floss 20 minutes	4 Energizing Flow 15 minutes	5 Spritz 28 minutes
6 Rest All the minutes	7 Clear it Out 20 minutes	8 Sculpt: Peach 26 minutes	9 Stretch 25 minutes	10 🟡 Mandala 31 minutes	11 Restore 24 minutes	12 Plum 27 minutes
13 Golden 30 minutes	14 Meander 21 minutes	15 Spark Joy 22 minutes	16 Drive 15 minutes	17 Sculpt: Full Body 11 minutes	18 Pastel 32 minutes	19 Classic Vinyasa 41 minutes
20 Homeward 37 minutes	21 Zest 22 minutes	22 Everyday Stretch 17 minutes	23 Rest All the minutes	24 Sculpt: Fuego 31 minutes	25 Maui: Friday 25 minutes	26 Maui: Saturday 20 minutes
27 Maui: Sunday 18 minutes	28 Maui: Monday 25 minutes	29 Maui: Tues. 22 minutes	30 Maui: Wed. 27 minutes	31 Maui: Thurs. 17 minutes		

practice.yogawithjaimi.com