

dec 2025



beg = beginner
int = intermediate
adv = advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>morning commute meditation</u> 7m beg	2 <u>opening vinyasa</u> 37m int	3 <u>sit. breathe. stretch.</u> 5m beg	4 <u>the moon tarot yoga</u> 20m int ♋♊	5 <u>river flow meditation</u> 8m beg	6 <u>warm up & reset energy.</u> 24m int
7 <u>lower body guided touch</u> 18m, beg	8 <u>half moon pose breakdown</u> 8m, int	9 <u>full body intimacy prep</u> 41m beg	10 <u>vinyasa foundations flow</u> 36m int	11 body ♋♊ <u>opening yoga flow</u> 49m int	12 <u>sun salutation a</u> 38m beg	13 <u>night cap: bedtime routine</u> 21m, beg
14 <u>prepare to headstand</u> 42m adv	15 <u>yoga for trans bodies</u> 52m beg	16 <u>flow impact core flow</u> 41m int	17 <u>mindful shower</u> 14m, beg	18 <u>the hanged man</u> 39m int	19 <u>bring.your baggage meditation</u> 17m beg ♋♊	20 <u>yoga for imposter syndrome</u> 20m adv
21 <u>the sun tarot yoga</u> 25m adv ♋♊SZN	22 <u>low energy opening flow</u> 13m beg	23 <u>quick headstand warm-up</u> 17m adv	24 <u>on the floor with reyna cohan</u> 20m beg	25 <u>the star tarot yoga</u> 40m int	26 <u>intro to intuitive movement</u> 50m beg	27 <u>beginner to intermediate flow, 38m</u> int ♋♊
28 <u>yoga for hangovers</u> 25m beg	29 <u>restorative hip openers</u> 36m int	30 <u>floral foreplay</u> 16m beg	31 <u>the world tarot yoga</u> 39m adv			