

WEEKLY PLANNER

MONDAY



90 minutes HOLIDAY YOGA = Yin Yoga Myofascial release full body stretch = Stress Release

TUESDAY



Tuesday 45 min Yin Yoga for Your Nervous System | VAGUS NERVE YOGA

WEDNESDAY



Somatic Yoga for neck, shoulders, TMJ & vagus nerve stimulation (VNS) PREMIERES
5:15AM DEC 20, 2023

THURSDAY



YIN YOGA FUSION Vinyasa Yin Flexibility Yoga Flow - 50 minute (Members or on Patreon)

FRIDAY



Pilates for Glutes • Yoga | Fascial Training Exercises |
Tone, Stretch & Release YOGILATES

SATURDAY



Yin Yoga for Clearing Emotions & vagal nerve yoga |
45 min MFR with vagus nerve stimulation

SUNDAY



Silent Yin Yoga Myofascial Release |
1 Hour Of Pure Meditative Bliss with Healing Vibrations

Yoga For Beginners Weekly Ad This Month

Huangqi Zhang



Yoga For Beginners Weekly Ad This Month:

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