

Balance With Babz

Yoga & Meditation Journey - January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Introduction
2 BODY Yoga For Lymphatic System	3 BODY Yoga For Wrists & Upper Body	4 BODY Yoga For Neck & Shoulders	5 BODY Yoga For Spine Health	6 BODY Yoga For Hips & Low Back	7 BODY Yoga For Core Strength	8 BODY Yoga For Full Body Relaxation
9 MIND Yoga For Monkey Minds	10 MIND Yoga For Motivation	11 MIND Yoga For Anxiety	12 MIND Yoga For Stress Reduction	13 MIND Yoga For Over Thinkers	14 MIND Yoga For Creativity	15 MIND Yoga For Clarity
15 SOUL Yoga For Shedding Layers	17 SOUL Yoga For Monday Blues	18 SOUL Yoga For Detoxing – Mind & Body	19 SOUL Yoga For Filling Up Your Cup	20 SOUL Yoga For Letting Go	21 SOUL Yoga For Warriors	22 SOUL Yoga For Inner Strength
23 ENERGY Yoga For Root Chakra (Grounding)	24 ENERGY Yoga For Sacral Chakra (Creativity)	25 ENERGY Yoga For Solar Plexus Chakra (Power)	26 ENERGY Yoga For Heart Chakra (Love & Kindness)	27 ENERGY Yoga For Throat Chakra (Communication)	28 ENERGY Yoga For Third Eye Chakra (Intuition)	29 ENERGY Yoga For Crown Chakra (Connection)
30 Yoga For Balance- Mind, Body & Soul	31 Completing Our Journey	<p><i>How to Sign up...</i></p> <ul style="list-style-type: none"> • E-Mail BalanceWithBabz@gmail.com • Subscribe For Videos (Free): www.youtube.com/c/balancewithbabz • Donate (Optional): Venmo @balancewithbabz OR cash/check 				