



# AUGUST 2021

## A 31 DAY YOGA JOURNEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <a href="#">ROOT CHAKRA</a> – 30 min	2 <a href="#">SACRAL CHAKRA</a> – 30 min	3 <a href="#">SOLAR PLEXUS CHAKRA</a> – 30 min	4 <a href="#">HEART CHAKRA</a> – 30 min	5 <a href="#">THROAT CHAKRA</a> – 30 min	6 <a href="#">THIRD EYE CHAKRA</a> – 30 min	7 Yoga in the Park or <a href="#">CROWN CHAKRA</a> – 30 min
8 <a href="#">CHAIR – SHOULDERS AND NECK</a> – 20 min	9 <a href="#">YOGA NIDRA MEDITATION</a> – 10 min	10 <a href="#">FOR BEGINNERS</a> – 45 min	11 <a href="#">TWISTS</a> – 35 min	12 <a href="#">SCIATICA AND LOWER BACK PAIN</a> – 30 min	13 <a href="#">CHILD'S POSE</a> – 20 min	14 Yoga in the Park or <a href="#">WITH STRAP</a> – 45 min
15 <a href="#">STRESS RELIEF</a> – 15 min	16 <a href="#">KEY TO FREEDOM MEDITATION</a> – 10 min	17 <a href="#">AHIMSA – YIN</a> – 45 min	18 <a href="#">MORNING</a> – 20 min	19 <a href="#">PSOAS</a> – 30 min	20 <a href="#">BALANCE</a> – 45 min	21 Yoga in the Park or <a href="#">HIP OPENING</a> – 30 min
22 <a href="#">MOON SALUTATIONS</a> – 25 min	23 <a href="#">SELF-RESPECT MEDITATION</a> – 10 min	24 <a href="#">FOR CYCLISTS</a> – 45 min	25 <a href="#">WARRIORS</a> – 25 min	26 <a href="#">STRONG ARMS</a> – 35 min	27 <a href="#">WITH BLOCKS</a> – 45 min	28 Yoga in the Park or <a href="#">BACK PAIN</a> – 40 min
29 <a href="#">WRISTS</a> – 20 min	30 <a href="#">BLOOMING FLOWER MEDITATION</a> – 5 min	31 <a href="#">FOR RUNNERS</a> – 45 min				

Unroll your yoga mat and join me.

Sarah xo

MORE YOGA CLASSES AND MEDITATIONS AT [YOUTUBE.COM/ASANAFITNESS](https://www.youtube.com/asanafitness)

📷 ASANA.FITNESS