



31 DAYS OF YOGA with JULIA

“Yoga is the journey of the Self, through the Self, to the Self.”
The Bhagavad Gita

				FRIDAY 1ST	SATURDAY 2ND	SUNDAY 3RD
				10:30AM New Year Yoga & Meditation 60 mins	9:30AM Turn on Your Inner Light 45 mins	6:00PM Let go and Just Be 60 mins
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH	SATURDAY 9TH	SUNDAY 10TH
8:00AM Ignite Your Inner Fire 30 mins	7:45AM Root to Rise 45 mins	5:45PM Awakening Your Spine 60 mins	5:45PM Awaken Dormant Energy in Yin 60 mins	12:00PM Embrace 5 Koshas 60 mins	9:30AM The Ring of Fire 45 mins	6:00PM Build Resilience in Stillness 60 mins
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH	SATURDAY 16TH	SUNDAY 17TH
8:00AM Activate the centre of vitality 30 mins	7:45AM New Moon Flow & short meditation 45 mins	5:45PM Shoulder and Upper back Flexibility 60 mins	5:45PM Hip openers and Spinal Twists 60 mins	12:00PM Sthira and Sukha 60 mins	9:30AM Feel connected with earthy flow 45 mins	6:00PM Relax and Renew 60 mins
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND	SATURDAY 23RD	SUNDAY 24TH
8:00AM Practice for Strength 30 mins	7:45AM All about Balance 45 mins	5:45PM Upper body strength 60 mins	5:45PM Lower back, Sacrum and Pelvis 60 mins	12:00PM Pratyahara.. what makes yoga 60 mins	9:30AM Feel the Fluidity in your practice 45 mins	6:00PM Letting Go Practice 60 mins
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH	SATURDAY 30TH	SUNDAY 31ST
8:00AM Practice for Energy 30 mins	7:45AM Stay Present and Balance 45 mins	5:45PM Open Your Heart to New possibilities 60 mins	5:45PM The importance of doing less 60 mins	12:00PM Dharana and Dhyana 60 mins	9:30AM Flowing Effortlessly 45 mins	6:00PM Awakening into the Self 60 mins

JANUARY 2021



juliakyoga.com



facebook.com/juliakyoga



@juliak_yoga_wellness