

BODY ILLUMINATION with Rebekah



Allow your light to shine.
TRANSFORM. RENEW.
REJUVENATE."

YIN YOGA TRANSFORM ENERGY

Friday Practices are optional perks for Patreon and YouTube Members if you want to deepen your practice.

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
1 60 MIN HEART MERIDIAN	2 50 min Low Back Full Body	3 40 mins Heart and Hips	4 90 min HEART CHAKRA	5 45 min COZY	6 DAY OFF PATREON YT MEMBERS	7 45 Min STRESS RELEASE
8 HAPPY HIPS 20 mins	9 28 min Yoga to feel your best Self	10 30 min Chest & Shoulders	11 55 min FULL BODY RESTORE	12 30 min MOVING STILLNESS	13 DAY OFF PATREON YT MEMBERS	14 60 Min SILENT MEDITATIVE BLISS
15 30 Min Beginner Yin Yoga Sequence Full Body with props	16 60 min Hips & Psoas STUCK EMOTIONS	17 20 MIN SLOW FLOW	18 40 min MORNING	19 HIP 45 min	20 DAY OFF PATREON YT MEMBERS	21 50 Min Deep Stretch
22 50 MIN REAWAKEN	23 Yin Yoga and Pilates for Posture 25 min	24 45 min Clearing Emotions and Regulating the Nervous System	25 30 min TOTAL HIP OPENING	26 60 Min Healing Silent Yin	27 DAY OFF PATREON YT MEMBERS	28 60 Min Lower Body Splits
29 40 MIN Myofascial FIX	30 60 min JUICY HIPS					

