

May *Yoga with Jaimi*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest all the minutes	2 Melt 14 minutes	3 Arrive Ocean 33 minutes	4 Amethyst 27 minutes
5 Rinse 41 minutes	6 Everyday Stretch 17 minutes	7 Ignite 27 minutes	8 Sculpt: Peach 26 minutes	9 Flow Lava 35 minutes	10 Renewal 22 minutes	11 Sienna 40 minutes
12 Glow 37 minutes	13 Rest all the minutes	14 Heat 27 minutes	15 Sculpt: Core 12 minutes	16 Fervor 30 minutes	17 Being 30 minutes	18 Pastel 33 minutes
19 LIVE CLASS 🧘 11am CDT	20 Sway 9 minutes	21 Before Dark 22 minutes	22 Find Your Calm 32 minutes	23 Full Moon 🌕 31 minutes	24 Rest all the minutes	25 Flow Energy 55 minutes
26 Balm 40 minutes	27 Monday Morning Express 9 minutes	28 Tuesday Morning Express 9 minutes	29 Wednesday Morning Express 11 minutes	30 Thursday Morning Express 8 minutes	31 Friday Morning Express 11 minutes	