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2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 full body Yoga Flow 75 minuten	2 15 minuten morgen yoga	3 yin yoga RÜCKEN 25 minuten	4 25 minuten deep stretch yoga flow	5 yin yoga 35 minuten	6 everyday yoga. hatha vinyasa 35 minuten
7 NEW	8 sanftes reset yin yoga	9 yoga flow power yin yoga 45 minuten	10 35 minuten selfcare yin vagusnerv aktivieren & cortisol senken	11 YOGA SONNENGRUSS ROUTINE 20 minuten	12 morgen yoga 15 minuten	13 25 minuten sanfter vinyasa flow
14 NEW	15 SLOW SUMMER yoga 25 minuten	16 morgen yoga 5 minuten	17 SOMMER yin yoga 40 minuten	18 fasziales morgen yoga 20 minuten	19 slow summer morgen yoga 20 minuten	20 tanz' mit der STILLE yin yoga
21 NEW	22 15 minuten somatisches morgen yoga	23 morgen yoga 25 minuten	24 summer body yoga flow 35 minuten	25 aktiviere deinen VAGUSNERV YIN YOGA 25 minuten	26 35 minuten yin yoga deep stretch	27 hatha vinyasa yoga flow 50 minuten
28 NEW	29 anti stress yoga flow reset & unwind 25 minuten	30 yin yoga um dich zu erden 20 minuten				

Juni Meditation

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 