

Reawaken

March 2025

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						<p>1 Body Scan Meditation for Sleep Time: 16min</p>
<p>2 Restorative Yoga for Lower Back Time: 29min</p>	<p>3 NEW! Somatic Yoga Grounding Practice</p>	<p>4 Somatic Yoga for Anxiety Relief Time: 31min</p>	<p>5 Restorative Yoga for Stress Relief Time: 32min</p>	<p>6 Slow Yoga for Body & Mind Time: 30min</p>	<p>7 Somatic Yoga to Lower Cortisol Time: 37min</p>	<p>8 Restorative Yoga for Hips & Lower Back Time: 33min</p>
<p>9 Somatic Yoga for Spine Health Time: 36min</p>	<p>10 Somatic Yoga to Start Your Day Time: 25min</p>	<p>11 Somatic Yoga for Neck and Shoulders Time: 26min</p>	<p>12 Somatic Yoga for Nervous System Regulation Time: 40min</p>	<p>13 Somatic Yoga Lower Body Routine Time: 32min</p>	<p>14 Somatic Yoga for Hips Time: 30min</p>	<p>15 Yoga Stretch for Tension Relief Time: 15min</p>
<p>16 Yoga for Relaxation: Restorative Yoga Time: 32min</p>	<p>17 NEW! Somatic Yoga to Release Tension & Stiffness</p>	<p>18 Yoga for Feet & Ankles Time: 13min</p>	<p>19 Root Chakra Yoga Time: 23min</p>	<p>20 Earth Element Yoga Time: 28min</p>	<p>21 Somatic Shaking for Stress Relief Time: 13min</p>	<p>22 Yoga for Energy Boost Time: 22min</p>
<p>23 Solar Plexus Chakra Morning Yoga Time: 34min</p>	<p>24 Yoga for Creativity Time: 24min</p>	<p>25 Lower Body Yoga: Fascia Stretch Time: 29min</p>	<p>26 Yoga for Creating Space Time: 28min</p>	<p>27 Upper Body Yoga: Fascia Stretch Time: 20min</p>	<p>28 Yoga for Joy & Happiness Time: 31min</p>	<p>29 Full Body Yoga with Fascia Activation Time: 31min</p>
<p>30 Somatic Yoga: Awaken the Spirit Within Time: 40min</p>	<p>31 NEW! 10 Min Morning Yoga</p>	<p>Subscribe to Yoga with Rachel & Turn on Bell Notifications </p> <p>UPLOAD TIME: 6AM EST</p>				