

# Soften

February 2025

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						<p><b>1</b> Calming Yoga Time: 29min</p>
<p><b>2</b> Gentle Somatic Yoga Routine Time: 35min</p>	<p><b>3</b> <b>NEW!</b> Somatic Yoga to Lower Cortisol</p>	<p><b>4</b> Seated Morning Yoga Stretch Time: 13min</p>	<p><b>5</b> Blanket Yoga Time: 27min</p>	<p><b>6</b> Somatic Yoga for Lower Back &amp; Psoas Time: 38min</p>	<p><b>7</b> Yoga for Tired Legs &amp; Feet Time: 22min</p>	<p><b>8</b> Somatic Yoga for Emotional Release Time: 33min</p>
<p><b>9</b> Yoga for Self- Love: Full Body Time: 35min</p>	<p><b>10</b> Heart Chakra Yoga Time: 27min</p>	<p><b>11</b> Self-Love Meditation Time: 13min</p>	<p><b>12</b> Goddess Energy Time: 22min</p>	<p><b>13</b> Yoga for Connection Time: 21min</p>	<p><b>14</b> Partner Yoga for Beginners Time: 18min</p>	<p><b>15</b> Somatic Yoga: Nurture Time: 31min</p>
<p><b>16</b> Self-Care Yoga for Beginners Time: 15min</p>	<p><b>17</b> <b>NEW!</b> Somatic Yoga for Nervous System Regulation</p>	<p><b>18</b> Gentle Morning Yoga to Ease into your Day Time: 15min</p>	<p><b>19</b> Yoga for Lymphatic System Time: 29min</p>	<p><b>20</b> Seated Somatic Yoga Routine Time: 28min</p>	<p><b>21</b> Bedtime Yoga to Wind Down Time: 16min</p>	<p><b>22</b> Yoga for Tension Relief Time: 30min</p>
<p><b>23</b> Somatic Yoga: Restore Time: 38min</p>	<p><b>24</b> Yoga for when you're Sick Time: 34min</p>	<p><b>25</b> Somatic Yoga Morning Routine Time: 25min</p>	<p><b>26</b> Wall Yoga for Beginners Time: 31min</p>	<p><b>27</b> Yoga for Stress &amp; Anxiety Relief Time: 26min</p>	<p><b>28</b> Progressive Muscle Relaxation for Anxiety Relief Time: 20min</p>	

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**UPLOAD TIME: 6AM EST**