



Insight Timer

June

SUN

MON

TUE

WED

THU

FRI

SAT

			1 Set intentions for the month	2	3 READ <u>How To Begin A Home Yoga Practice</u>	4
5 LIVE YOGA <u>For Inner Peace and Quiet</u> 5am PT / 8am ET	6	7 PRACTICE <u>Morning Ritual</u>	8	9 LIVE YOGA <u>Chair Yoga (Fully Seated)</u> 8am PT / 11am ET	10	11 Try yoga or other exercise in nature
12	13 LIVE YOGA <u>Yin Yoga with Sound Bath</u> 5pm PT / 8pm ET	14	15	16 PRACTICE <u>Desk Yoga Relaxation</u>	17	18  <u>Insight Timer Self-Care Summit</u>
19 READ <u>The Benefits of Yoga Before Meditation</u>	20	21 International Day of Yoga 	22 MUSIC <u>Listening for yoga, focus or relaxation</u>	23	24 PRACTICE <u>Desk Stretch: Posture Reset</u>	25
26	27 PLAYLIST <u>Celebrating Pride</u>	28 Pride Day 	29	30 What were you grateful for this month?		