

# February 2026

Breathe in love. Breathe out love. I am love.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. <a href="#">New Guided Meditation</a> (7 min)	2. <a href="#">Inner Mentor Meditation</a> (16 min)	3. <a href="#">Wake Up Flow</a> (13 min)	4. <a href="#">Legs Up the Wall</a> (16 min)	5. <a href="#">Breathe In Love Flow</a> (60 min)	6. <a href="#">Quick Shoulders Love</a> (11 min)	7. <a href="#">Breathe Out Love Flow</a> (60 min)
8. <a href="#">Deep Relaxation</a> (17 min)	9. <a href="#">Letting Go to Find Self-Love Mediation</a> (16 min)	10. <a href="#">Move With Ease</a> (28 min)	11. <a href="#">Plank For Strength</a> (16 min)	12. <a href="#">Loving Flow Replay</a> (60 min)	13. <a href="#">Twists to Feel Fantastic</a> (20 min)	14. <a href="#">Breathing Love Flow Replay</a> (60 min)
15. <a href="#">Open to Love Flow</a> (24 min)	16. <a href="#">Embrace Love Meditation</a> (8 min)	17. <a href="#">Drop the Stress Flow</a> (20 min)	18. <a href="#">No Rain, No Rainbow</a> (10 min)	19. <a href="#">I am Love Flow Replay</a> (60 min)	20. <a href="#">The Loving Breath Meditation</a> (9 min)	21. <a href="#">Loving Flow Replay</a> (60 min)
22. <a href="#">Quick Low Back Love</a> (17 min)	23. <a href="#">Self Love Meditation</a> (4 min)	24. <a href="#">Flow with Ease</a> (13 min)	25. <a href="#">Standing Tall &amp; Proud</a> (16 min)	26. <a href="#">Love Yourself Flow Replay</a> (60 min)	27. <a href="#">Mood Boost at the Beach</a> (26 min)	28. <a href="#">Breath of Love Flow Replay</a> (60 min)

