

July 2023

I am proud of myself.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. LIVE Monthly Meditation 9:00 a.m. (15 min) LIVE 9:30 a.m. (60 min)
2. Self-Confidence (32 min)	3. Inner Mentor Meditation (16 min)	4. Wake Up to Gratitude No Live Class (47 min)	5. Keep Trying Flow (17 min)	6. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	7. Seated to Feel Alive & Present (12 min)	8. LIVE 9:30 a.m. (60 min)
9. I Can Do Hard Things (23 min)	10. Self-Confidence Drop-by-Drop Meditation (9 min)	11. LIVE 9:30 a.m. (60 min)	12. Plank for Strength (16 min)	13. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	14. *NEW* Hips That Feel Better (24 min)	15. LIVE 9:30 a.m. (60 min)
16. *BONUS* LIVE Yin Yoga 10:30 a.m. (60 min)	17. Outside Meditation (7 min)	18. LIVE 9:30 a.m. (60 min)	19. Standing Tall and Proud (16 min)	20. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	21. *NEW* Open Up and Say Ahh (20 min)	22. LIVE 9:30 a.m. (60 min)
23. Build Your Self-Confidence (27 min)	24. I am Proud of Myself Meditation (10 min)	25. LIVE 9:30 a.m. (60 min)	26. Open to Love Flow (24 min)	27. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	28. *NEW* Move Through Life Easily (14 min)	29. LIVE 9:30 a.m. (60 min)
30. Twists to Conquer Self-Doubt (41 min)	31. Setting Goals and Accomplishing Them (11 min)					

