

September 2025

I am worthy of good things.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. LIVE Monthly Meditation 9:00 a.m. (15 min)	2. Good Things (15 min)	3. Keep Trying Flow (17 min)	4. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	5. Twists to Feel Fantastic (20 min)	6. LIVE 9:30 a.m. (60 min)
7. Wake Up to Gratitude (47 min)	8. Inner Mentor Meditation (16 min)	9. Sunrise and Serenity (26 min)	10. Plank for Strength (16 min)	11. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	12. Open Up and Say Ahh (20 min)	13. LIVE 9:30 a.m. (60 min)
14. Yin Yoga (60 min)	15. Embracing Worthiness Meditation (7 min)	16. Deep Relaxation (17 min)	17. New Perspectives (16 min)	18. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	19. Worthy of Good Things Meditation (6 min)	20. LIVE 9:30 a.m. (60 min)
21. Self-Confidence (32 min)	22. Cultivating Joy (9 min)	23. Balance on Your Feet (26 min)	24. Outside Meditation (7 min)	25. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	26. You're About to Feel Better (22 min)	27. LIVE 9:30 a.m. (60 min)
28. Release and Renew (30 min)	29. Good Things Are Coming Meditation (10 min)	30. Move Through Life Easily (14 min)				

