



July 2022

I am proud of myself.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Live Monthly Meditation (15 min)	2. LIVE 9:30 a.m. (60 min)
3. Quick Low Back Love (17 min)	4. Gratitude Meditation (13 min)	5. Strong, Stable Knees (25 min)	6. Just Go with the Flow (22 min)	7. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	8. Long Side Body (No Standing) (25 min)	9. LIVE 9:30 a.m. (60 min)
10. Shoulders, Chest, & Upper Back (38 min)	11. The Five Senses Mindfulness Practice (10 min)	12. Plank for Strength (16 min)	13. Let It Go Flow (25 min)	14. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	15. Energize to Relax (26 min)	16. LIVE 9:30 a.m. (60 min)
17. Strong Legs (38 min)	18. Inner Mentor: July Meditation (16 min)	19. Standing Tall and Proud (16 min)	20. Side Body Flow (24 min)	21. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	22. My Back Feels Better (23 min)	23. LIVE 9:30 a.m. (60 min)
24. Move With Ease (28 min)	25. Square Breathing Pranayama (8 min)	26. Open to Love Flow (24 min)	27. Standing Balance (27 min)	28. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	29. Find Ease in Your Hips (19 min)	30. LIVE 9:30 a.m. (60 min)
31. Open Your Low Back Flow (41 min)						

