



April 2025

I am clever, courageous, and caring.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 9:00 a.m. CT Live Monthly Meditation (15 min)	2. Focus on Confidence (21 min)	3. LIVE 9:30 a.m. (60 min)	4. Mind-Body Union (18 min)	5. LIVE 9:30 a.m. (60 min)
6. Resilience Building (19 min)	7. Inner Mentor Meditation (16 min)	8. An Energized Practice (13 min)	9. The Power of Plank (15 min)	10. LIVE 9:30 a.m. (60 min)	11. I Can Do Hard Things (23 min)	12. LIVE 9:30 a.m. (60 min)
13. Bring in the Positivity (22 min)	14. Meditation for Embracing Cleverness, Courage & Caring (9 min)	15. Core to Crow (25 min)	16. Standing No Hands Vinyasa Flow (27 min)	17. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	18. Are You Ready to Feel Better? (15 min)	19. LIVE 9:30 a.m. (60 min)
20. Build Your Self-Confidence (27 min)	21. April Meditation Replay (10 min)	22. Grounded Balance (14 min)	23. Self-Confidence (32 min)	24. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	25. New Perspective (16 min)	26. LIVE 9:30 a.m. (60 min)
27. Wild Thing: I Think I Love You (20 min)	28. Trust Yourself Meditation (10 min)	29. Plank for Strength (16 min)	30. Get It Done (13 min)			

