

September 2023

I am worthy of good things.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. LIVE Monthly Meditation 9:00 a.m. (15 min) *NEW* You're About to Feel Better (22 min)	2. LIVE 9:30 a.m. (60 min)
	3. Mood Boost at the Beach (26 min)	4. Inner Mentor Meditation (16 min)	5. LIVE 9:30 a.m. (60 min)	6. Good Things (15 min)	7. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	8. *NEW* Release and Renew (Unleash Your Inner Flexibility) (30 min)
	10. Create and Move On Vinyasa (30 min)	11. Outside Meditation (7 min)	12. LIVE 9:30 a.m. (60 min)	13. Plank for Strength (16 min)	14. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	15. *NEW* Elevate and Expand: Lengthen Your Side Body (21 min)
	17. *BONUS* LIVE Yin Yoga 9:30 a.m. (60 min) *special time*	18. Good Things are Coming Meditation (10 min)	19. LIVE 9:30 a.m. (60 min)	20. Mood Boosting Yoga (21 min)	21. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	22. *NEW* Free Your Upper Body (27 min)
	24. Shoulders, Chest, and Upper Back Opening (38 min)	25. Manifestation Meditation (12 min)	26. LIVE 9:30 a.m. (60 min)	27. Keep Trying Flow (17 min)	28. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	29. *NEW* Sunrise Serenity: Release Tension & Feel Better (27 min)
						30. LIVE 9:30 a.m. (60 min)