

April 2024

I am clever, courageous, and caring.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. LIVE Monthly Meditation 9:00 a.m. (15 min)	2. LIVE 9:30 a.m. (60 min)	3. An Energized Practice (13 min)	4. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	5. Are You Ready to Feel Better? (15 min)	6. LIVE 9:30 a.m. (60 min)
7. *BONUS* LIVE Yin Yoga 10:30 a.m. (60 min)	8. Inner Mentor Meditation (16 min)	9. LIVE 9:30 a.m. (60 min)	10. Core to Crow (25 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. Standing No Hands Vinyasa Flow (27 min)	15. Trust Yourself Meditation (10 min)	16. LIVE 9:30 a.m. (60 min)	17. Grounded Balance (14 min)	18. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	19. Bring in the Positivity (22 min)	20. LIVE 9:30 a.m. (60 min)
21. Wild Thing: I Think I Love You (20 min)	22. April Live Meditation (replay) (10 min)	23. LIVE 9:30 a.m. (60 min)	24. Plank for Strength (16 min)	25. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	26. I Can Do Hard Things (23 min)	27. LIVE 9:30 a.m. (60 min)
28. New Perspective (16 min)	29. What the World Needs Now Meditation (8 min)	30. LIVE 9:30 a.m. (60 min)				

