



July 2025

I am proud of myself.

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. or 7:00 p.m. (60 min)	4. New Perspectives (16 min)	5. LIVE 9:30 a.m. (60 min)
6. Wake Up to Gratitude (47 min)	7. Inner Mentor Meditation (16 min)	8. Open Up and Say Ahh (20 min)	9. Move Through Life Easily (14 min)	10. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	11. Move with Ease Flow (22 min)	12. LIVE 9:30 a.m. (60 min)
13. Self-Confidence (32 min)	14. Outside Meditation (7 min)	15. Plank for Strength (16 min)	16. Keep Trying Flow (17 min)	17. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	18. Standing Tall & Proud (16 min)	19. LIVE 9:30 a.m. (60 min)
20. *BONUS* LIVE Yin Yoga 9:30 a.m. CT (60 min) *special time*	21. Proud Heart, Calm Mind Meditation (9 min)	22. Twists to Feel Fantastic (20 min)	23. The Power of Plank (15 min)	24. Mind-Body Union (18 min) I Can Do Hard Things Meditation (10 min)	25. Open to Love Flow (24 min)	26. LIVE 9:30 a.m. (60 min)
27. Build Your Self-Confidence (27 min)	28. I am Proud of Myself Meditation (10 min)	29. Seated to Feel Alive & Present (12 min)	30. Get It Done (13 min)	31. LIVE 9:30 a.m. (60 min) July Feel Better Flow replay for the p.m. class		

