

February 2025

Breathe in love. Breathe out love. I am love.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Recorded Monthly Meditation (4 min) LIVE 9:30 a.m. (60 min)
2. *BONUS* LIVE Yin Yoga 10:30 a.m. (60 min)	3. Inner Mentor Meditation (16 min)	4. LIVE 9:30 a.m. (60 min)	5. Standing Tall & Proud (16 min)	6. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	7. *NEW* BYNSB (28 min)	8. Replay of Live Class (60 min)
9. Plank for Strength (16 min)	10. Letting Go to Find Self-Love (16 min)	11. LIVE 9:30 a.m. (60 min)	12. Quick Low Back Love (17 min)	13. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	14. Open to Love Flow (24 min)	15. LIVE 9:30 a.m. (60 min)
16. Quick Feel Better (14 min)	17. Self-Love Meditation (4 min)	18. Replay of February Live Class (60 min)	19. Find Ease in Your Hips (19 min)	20. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	21. Seated to Feel Alive & Present (12 min)	22. LIVE 9:30 a.m. (60 min)
23. Twists to Feel Fantastic (20 min)	24. Embrace Love Meditation (8 min)	25. Replay of February Live Class (60 min)	26. Shine On: Heart Centered (17 min)	27. LIVE 9:30 a.m. or 7:00 p.m. (60 min)	28. Quick Shoulders Love (11 min)	
						

