

BYS October Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <u>NEW CLASS</u>	2 REST
3 <u>Self Love Series: Give Yourself Some Grace</u>	4 <u>60 Minute Stress Relief Flow</u>	5 <u>Chill Pill</u>	6 <u>Relaxation Body Scan Meditation</u>	7 <u>Yoga For Anxiety</u>	8 <u>Invigorating But Stress Free Flow</u>	9 REST
10 <u>Self Love Series: Embrace Your Boundaries</u>	11 <u>One Big Exhale</u>	12 <u>Yoga For When You're Feeling Burnt Out...Again</u>	13 <u>Blissful Relaxation Meditation</u>	14 <u>Easy Like Sunday Morning</u>	15 <u>Treat Yo-Self Flow</u>	16 REST
17 <u>Confidence Cure W2 : Self-Care Ritual</u>	18 <u>Wind Down</u>	19 <u>When Life Hands You Lemons</u>	20 <u>Loving Kindness Meditation</u>	21 <u>Unique Stress Relief</u>	22 <u>Day 11: Restorative Yoga Flow</u>	23 REST
24 <u>When The Weight Of The World Is On Your Shoulders</u>	25 <u>30 Minute Flow For Relaxation</u>	26 <u>Something To Get You Through A Transition</u>	27 <u>Next Best Thing To A Nap</u>	28 <u>Full Body Hug</u>	29 <u>Good Vibes Only</u>	30 REST
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Notes

The theme for this month is self-care! Get ready for some much-needed de-stressing ahead of the holiday season with classes to help you unwind. By the end of the month, both your body and mind will be ready to take on the last stretch of the year. If you find something that really works for you, don't forget to add it to your favorites so you can find it easily when you need it.

