

# BYS November Schedule

Gratitude

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>I'm grateful for my body</b>						
<sup>31</sup> <u>Self Care Ritual</u>	<sup>1</sup> REST	<sup>2</sup> <u>Fall in Love with Your Body</u>	<sup>3</sup> REST	<sup>4</sup> <u>Celebrate Your Strengths</u>	<sup>5</sup> REST	<sup>6</sup> <u>NEW CLASS</u>
<b>I'm grateful for love</b>						
<sup>7</sup> <u>I Am Loved</u>	<sup>8</sup> REST	<sup>9</sup> <u>Low Back Love</u>	<sup>10</sup> REST	<sup>11</sup> <u>Unblock the Heart Chakra</u>	<sup>12</sup> REST	<sup>13</sup> <u>Energizing &amp; Heart Opening Flow</u>
<b>I'm grateful for my flexibility (on &amp; off the mat)</b>						
<sup>14</sup> <u>Happy Hips: Hip Flexibility</u>	<sup>15</sup> REST	<sup>16</sup> <u>Back Flexibility</u>	<sup>17</sup> REST	<sup>18</sup> <u>45-Min Morning Yoga Stretch</u>	<sup>19</sup> REST	<sup>20</sup> <u>Stretchy &amp; Soothing Flow</u>
<b>I'm grateful for my boundaries</b>						
<sup>21</sup> <u>Meditation for Confidence</u>	<sup>22</sup> REST	<sup>23</sup> <u>Embrace Your Boundaries</u>	<sup>24</sup> REST	<sup>25</sup> <u>Give Yourself Some Grace</u>	<sup>26</sup> REST	<sup>27</sup> <u>When You Need Some Balance In Your Life</u>
<b>I'm grateful for my commitment</b>						
<sup>28</sup> <u>BYS Full Body Challenge</u>	<sup>29</sup> REST	<sup>30</sup> <u>I Am Powerful</u>	<sup>1</sup> REST	<sup>2</sup> <u>Strong &amp; Smart Flow</u>	<sup>3</sup> REST	<sup>4</sup> <u>Yoga Strength Training</u>

## Notes

In true Thanksgiving style, this month is all about gratitude. Each week brings a new mantra and classes to reflect it. I have set you your weekly mantras, but why don't you set yourself one for the month? What are YOU grateful for?