

BYS November: Press Pause

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

30 <u>Intention Setting Yoga Flow</u>	31 <u>Feel Beautiful Flow</u>	1 REST	2 <u>Relaxation Body Scan Meditation</u>	3 <u>I Am Powerful</u>	4 Go for a walk in nature	5 REST
6 NEW CLASS <u>Upper Body Restorative Flow</u>	7 <u>Let That -Ish Go</u>	8 REST	9 <u>Yoga For When You Need To Gain A Little Perspective</u>	10 <u>I Am Optimistic</u>	11 Go for a walk in nature	12 REST
13 <u>Yoga For Mental Discipline</u>	14 <u>Yoga To Chill The F Out</u>	15 REST	16 <u>Morning Meditation</u>	17 <u>I Am Confident</u>	18 Go for a walk in nature	19 REST
20 <u>Yoga For Introverts</u>	21 <u>Yoga For When You've Been On Your Feet All Day</u>	22 REST	23 <u>Gratitude Meditation</u>	24 <u>Yin To De-Socialize!</u>	25 Go for a walk in nature	26 REST
27 <u>Slow Moving Flow</u>	28 <u>Find Your Bliss</u>	29 REST	30 <u>Meditation To Handle Overwhelm</u>	1 <u>Celebrate Your Strengths</u>	2 Go for a walk in nature	3 REST

Life gets so hectic these days that we often forget to take the time to acknowledge and be thankful for the little things in life. So this month, with Thanksgiving in mind. Let's press pause, and take notice of the little things that we are so grateful for.

