

# BYS February: Self-Love

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 <u>Full Body Hug.</u>	30 <u>Celebrate Your Strengths</u>	31 <u>Give Yourself Some Grace</u>	1 <u>NEW CLASS Heart Opening Flow</u>	2 <u>I am Powerful</u>	3 REST	4 REST
5 <u>Fall in Love With Your Body</u>	6 <u>Embrace Your Boundaries</u>	7 <u>I am Open</u>	8 <u>Energizing &amp; Heart Opening Flow</u>	9 <u>I am Optimistic</u>	10 REST	11 REST
12 <u>Yin Immersion: Find Your Bliss</u>	13 <u>Unblock the Heart Chakra</u>	14 <u>I am Loved</u>	15 <u>Yoga For a Broken Heart</u>	16 <u>I am Free</u>	17 REST	18 REST
19 <u>Low Back Love</u>	20 <u>Self Care Ritual</u>	21 <u>I am Capable</u>	22 <u>Loving Kindness Meditation</u>	23 <u>I am Creative</u>	24 REST	25 REST
26 <u>Treat Yo-Self Flow</u>	27 <u>Strong Enough</u>	28 <u>I am Peaceful</u>	29 <u>Feel Beautiful Flow</u>	1 <u>I am Complete</u>	2 REST	3 REST

As we come into February, often the first thing we think about is Valentines day. But this year, I want you to focus on YOU. Amazing things happen when you start to prioritize loving yourself.

