

A Balanced Life in May 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Watch to Empower Yourself	<i>Believe</i> You Got This!	 Do You to Do Better	 Creates Roots to Grow & Expand	1 Wake up with Kundalini, Hatha, or Chair Class	2 30 minute's outside OR Kundalini/chair	3 Nourish Yourself: Yoga Nidra
4 Wake up with Kundalini or Chair	5 Get Strong with Hatha or Chair	6 30 minute's outside & evening yin	7 Cleanse with Kundalini or Chair	8 Ground with Hatha or Chair	9 30 minute's outside OR Kundalini/chair	10 Nourish Yourself: Yoga Nidra
11 Spinal Love with Kundalini or Chair	12 Balance with Hatha or Chair	13 30 minute's outside & evening restorative class	14 Cleanse with Kundalini or Chair	15 Get Flexible with Hatha or Chair	16 30 minute's outside OR Kundalini/chair	17 Nourish Yourself: Yoga Nidra
18 SaTaNaMa with Kundalini or Chair	19 Happy Hips with Hatha or Chair	20 30 minute's outside & evening yin	21 Strengthen with Kundalini or Chair	22 Detoxify with Hatha or Chair	23 30 minute's outside OR Kundalini/chair	24 Nourish Yourself: Yoga Nidra
25 Clarity with Kundalini or Chair	26 Flow with Hatha or Chair	27 30 minute's outside & evening restorative class	28 Elimination with Kundalini or Chair	29 Align Yourself with Hatha or Chair	30 30 minute's outside OR Kundalini/chair	31 Nourish Yourself: Yoga Nidra



Meditation EVERYDAY

Pick 1 meditation. Every day at the same time practice that meditation. No exceptions. Show up & Observe.

Outside Time

This time can be anything to move the body: walk, jog, bike, garden, swim. I encourage you to practice 15 minutes a day.

Create a Healthy Habit

Allow yourself to practice at the same time every day. Also set aside the times for the evening practices for no distractions.