



APRIL / 2023

Tuesday and Thursday at 3:50 pm on TEAMS

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MTBkYWm3NmEtZDMxMC00YTBmLTg3ZGIhNjA3Y2RhMjgwMDgy%40thread.v2/0?context=%7b%22tid%22%3a%22eb14b046-24c4-4519-8f26-b89c2159828c%22%2c%22oid%22%3a%22a143026b-34da-4964-a1f0-3cc5591ef210%22%7d

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28 10 Min Meditation	29	30 10 Min Free Write	31	1
2	3	4 10 Min Move your Body	5	6 10 Min Meditation	7	8
9	10	11 10 Min Free Write	12	13 10 Min Move your Body	14	15
16	17	18 10 Min Meditation	19	20 10 Min Free Write	21	22
23	24	25 10 Min Move your Body	26	27 10 Min Meditation	28	29