



MARCH / 2023

Tuesday and Thursday at 3:50 pm on TEAMS

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MTBkYWM3NmEtZDMxMC00YTBmLTg3ZGItNjA3Y2RhMjgwMDgy%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
29	30	31 10 Min Free Write	1	2 10 Min Move your Body	3	4
5	6	7 10 Min Meditation	8	9 10 Min Free Write	10	11
12	13	14 10 Min Move your Body	15	16 10 Min Meditation	17	18
19	20	21 10 Min Free Write	22	23 10 Min Move your Body	24	25
26	27	28 10 Min Meditation	29	30 10 Min Free Write	31	1