



JULY / 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
2	3	4 OFF - HOLIDAY	5	6 10 Min Free Write	7	8
9	10	11 10 Min Move Your Body	12	13 10 Min Meditation	14	15
16	17	18 10 Min Free Write	19	20 10 Min Move Your Body	21	22
23	24	25 10 Min Meditation	26	27 10 Min Free Write	28	29
30	31	1 10 Min Move Your Body	2	3 10 Min Meditation	4	5