



OCTOBER / 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
1	2	3 10 Min Free Write	4	5 10 Min Movement	6	7
8	9	10 10 Min Meditation	11	12 10 Min Free Write	13	14
15	16	17 10 Min Movement	18	19 10 Min Mediation	20	21
22	23	24 10 Min Free Write	25	26 10 Min Movement	27	28
29	30	31 10 Min Meditate	1	2 10 Mins Free Write	3	4