

MARCH TRIBE CALENDAR

♥ PLANET

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY		Morning Boost Meditation ⁶ YIN YOGA	The Gift of Breath ¹³ YIN YOGA	Breathe, Meditate, Be Awesome ²⁰ YIN YOGA	You are ready now ²⁷
TUNE-IN TUESDAY		Soil Health ⁷	The Roots of Your Health with Maria King ¹⁴	Leadership's role in creating culture ²¹	Sit in your True North ²⁸
WELLBEING WEDNESDAY	Energising Stretches ¹	Forest Bathing ⁸ POWER VINYASA	Energy of Yes ¹⁵ POWER VINYASA	Your Brain on Stress ²²	Health Benefits of Nuts ²⁹ POWER VINYASA
THANKFUL THURSDAY	YOGA: More than Physical Movement ²	Tiny Bin ⁹	Warrior Promises ¹⁶	Build a Better Smoothie ²³	True North – Alignment ³⁰
FRIDAY FLOW	Good Goddess and Happy Hips ³ POWER VINYASA	Power and Chill ¹⁰	Get up and Go ¹⁷ POWER VINYASA	Attitude of Gratitude ²⁴	Yin Yang Energy Rising ³¹ POWER VINYASA
SUSTAINABLE SATURDAY	Food for thought resources ⁴ POWER VINYASA	Seasonal Tablescapes with Kuofi ¹¹ POWER VINYASA	Eliminate Room by Room ¹⁸ POWER VINYASA	Sustain Your Self ²⁵	
SLOW SUNDAY	Unwind the day	Yin In the AM	The Subtle Pause	Flow Now-Here	