



JULY TRIBE CALENDAR

PLASTIC FREE JULY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY		4 Move with Purpose	11 Experience Space	18 Be Here & Feel Yin Yoga & Mindfulness	25 Create Clarity
TUNE-IN TUESDAY		5 Untapping your potential with Jenni Emery	12 Your Core Story with Mills Gray	19 Flexible Mind with Jennie Francis	26 Your Mental Wellbeing with Anthony Rhone
WELLBEING WEDNESDAY		6 A Gentle Trance with Jennie Francis	13 Your Core Story Exercise with Mills Gray	20 Presence Yourself	27 Breathe Into Your Feet
THANKFUL THURSDAY		7 The Secrets & Your Checklist	14 Mindfulness IRL	21 Sleep Rituals	28 Nano Breaks
FRIDAY FLOW	1 Slow Flow 1	8 Igniting Flow	15 Power & Presence	22 Body Shift	29 Yin Yang Get Grounded
	Journey Into Power (JIP) @ 9:30am	Journey Into Power (JIP) @ 9:30am	Journey Into Power (JIP) @ 9:30am	Journey Into Power (JIP) @ 9:30am	
SUSTAINABLE SATURDAY	2 The Toxic Truth	9 Plastic Free Challenge	16 Eliminate Room by Room	23 Tiny Bin	30 Food Waste
SLOW SUNDAY	3 Yin in the Am	10 Restore with Yin	17 Release and Restore	24 Be and Let it Be	31