

NOVEMBER TRIBE CALENDAR

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY		7 Be Here & Feel	14 Scan to Connect Yin Yoga & Mindfulness	21 Breathe Into Your Flow	28 3 Minute Breathing Space
TUNE-IN TUESDAY	1 Food for Thought	8 Mondern Ayuverda with Louisa Chapman Andrews	15 Conscious Experts with Cook Folk	22 Nourish Your Immune System With Susie Rucker	29 Soil Health
WELLBEING WEDNESDAY	2 Resonant 4-6 and Stillness	9 Presence Yourself	16 Energy Of Yes	23 Breath, Balance And Meditate	30 Drainers & Sustainers
THANKFUL THURSDAY	3 Spring Delight Meal Plan	10 Sleep Rituals	17 Summer Strategies with Cook Folk	24 Fake Scents	
FRIDAY FLOW	4 Body Shift Flow	11 What You Say Is So	18 Flexibility Flow	25 Vitality Flow	
	JIP @ 9:30am	JIP @ 9:30am	JIP @ 9:30am	JIP @ 9:30am	
SUSTAINABLE SATURDAY	5 Food Waste	12 The Toxic Truth	19 Eliminate Room by Room	26 Food Waste	
SLOW SUNDAY	6 Ground into your body	13 Trust the Process	20 Yin In the AM	27 Restore With Yin	