

MAY TRIBE CALENDAR

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY	1 Mother Yourself	8 Just Smile	15 What you say is so Yin Yoga	22 Energy of Yes Yin Yoga	29 Give Up What You Must Yin Yoga
TUNE-IN TUESDAY	2 Conscious Leaders with Veronica Morris	9 The roots of your health with Maria King	16 Modern Ayuverda	23 Why Meditate with Jillian Lavender	30 Be well lead with Mona Salih
WELLBEING WEDNESDAY	3 Breathe Into Your Feet	10 Presence Yourself JIP	17 Nourish your body JIP	24 Nourish your Immunity JIP	31 Worker Wellbeing in a Hybrid Age JIP
THANKFUL THURSDAY	4 Spring Delight Meal Plan	11 4 tips to Improve your eating	18 Posture Clinic	25 Morning Routine Secrets & Checklist	
FRIDAY FLOW	5 Surrender to the Slow Flow	12 Slow Flow JIP	19 Rise and Flow JIP	26 Attitude of Gratitude JIP	
SUSTAINABLE SATURDAY	6 Food Waste	13 Sustainable Living JIP	20 Waste not Want not JIP	27 5 Tips for Spring Revival JIP	
SLOW SUNDAY	7 Move with Purpose	14 Slow Sunday	21 Yin In the AM	28 Flow Now-Here	