

JULY TRIBE CALENDAR

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY	Mindful Reset ³¹	Let it be 1.2 ³ CHILL YIN	Breathing Space Meditation ¹⁰ YIN YOGA	Create Clarity ¹⁷	Hear what you hear ²⁴ YIN YOGA
TUNE-IN TUESDAY		Summer Strategies with Cook ⁴ SLOW FLOW	Pivoting From the Fashion Industry To Conscious Living ¹¹ SLOW FLOW	Regenerative Farming with Drew Duckworth ¹⁸	Julia Bueno ²⁵ SLOW FLOW
WELLBEING WEDNESDAY		Summer Reset Meal Plan ⁵ POWER YOGA	Forest Bathing ¹² POWER YOGA	Start with Why ¹⁹ POWER YOGA	Wellbeing Spectrum ²⁶ POWER YOGA
THANKFUL THURSDAY		Be Still ⁶	Presence Yourself ¹³	Tiny Bin ²⁰	Live Consciously ²⁷
FRIDAY FLOW		Energy Rising ⁷	Wake up and Flow ¹⁴ POWER YOGA	Be Balanced ²¹ POWER YOGA	Fire It Up ²⁸ POWER YOGA
SUSTAINABLE SATURDAY	Food Waste ¹ POWER YOGA	Tablescapes with Kuofi ⁸ POWER YOGA	Nourish your immunity ¹⁵ POWER YOGA	Sustainable Living ²² POWER YOGA	Eco not Eco with Anya Hindmarch ²⁹ POWER YOGA
SLOW SUNDAY	Unwind the day ²	Yin for the hips ⁹	Be and Let It Be ¹⁶	Yin: Be Where You Are ²³	Yin: The Subtle Pause ³⁰