

DECEMBER TRIBE CALENDAR



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MINDFUL MONDAY		Be Here & Feel ⁴ Soul Chill	What you say is so ¹¹ Soul Chill	Transformation Meditation ¹⁸ Soul Chill	3 Minute Breathing Space ²⁵ Soul Power Soul Chill Soul Flow
TUNE-IN TUESDAY		Everyone's A Critic ⁵ Soul Flow	Time to Detox ¹² Soul Flow	Nourish your Immune System ¹⁹ Soul Flow	Soil Health ²⁶ Soul Flow Soul Power
WELLBEING WEDNESDAY		Presence Yourself ⁶ Soul Power	Energy of Yes ¹³ Soul Power	Breathe, Balance and Meditate ²⁰ Soul Power	Be Still ²⁷ Soul Power Soul Power Soul Chill
THANKFUL THURSDAY		Sleep Rituals ⁷	Plastic Free for a Day ¹⁴	Fake Scents ²¹	Build a Better Smoothie ²⁸ Soul Flow Soul Power
FRIDAY FLOW	Build your Flow ¹ Soul Power	Breathe into your Flow ⁸ Soul Power	Flexibility Flow ¹⁵ Soul Power	Ground into your Body ²² Soul Power Soul Flow	Vitality Flow ²⁹ Soul Power Soul Power
	Drainers & Sustainers ² Soul Power	The Toxic Truth ⁹ Soul Power	Eliminate Room by Room ¹⁶ Soul Power	Food Waste ²³ Soul Power	Food Waste ³⁰ Soul Power
SUSTAINABLE SATURDAY				Restore with Yin ²⁴ Soul Church	
SLOW SUNDAY	Yin for the Hips ³	Trust the Process ¹⁰	Yin In the AM ¹⁷		