






JANUARY 2022: 21 DAYS TO RESET

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
<p>Set your Intention for the upcoming 3 weeks. Save these dates in your calendar, and relax! Remember, there's no rush and you're right on time.</p>						
						8
 LIVE workshop: Movement Fundamentals (Yoga Edition) 9	 <u>WORKOUT 1</u> 10 (live or on your own)  journal_prompt #1	 <u>YOGA 1</u> 11	 <u>WORKOUT 2</u> 12	13	 <u>MOBILITY 1</u> 14  journal_prompt #2	15
 <u>WORKOUT 3</u> 16  journal_prompt #3	 <u>YOGA 2</u> 17 (Live or on your own) Martin Luther King Jr. Day	 journal_prompt #4 18	 19 Member Live Workout + Office Hours	 <u>MOBILITY 2</u> 20	21  journal_prompt #5	22
 <u>MOBILITY 3</u> 23  journal_prompt #6	 <u>WORKOUT 2</u> 24 (live or on your own)	25	 <u>YOGA 3</u> 26	27	 <u>WORKOUT 3</u> 28  journal_prompt #7	29
 journal_prompt #8 30  Yoga + Meditation	 31 Live Yoga Celebration: "Celebrate + Meditate"					

KEY

-  Virtual Live Class
-  On-demand Class
-  Reflection or Intention setting journal prompt
-  Live class OR on-demand option