



DECEMBER 2022

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday Dec 1	Friday 2	Saturday 3
<p> Breath Practice available 8:00-8:40am daily</p> <p> Independent practice / Homework</p> <p> Gentle Strength class Mon-Wed-Fri 7:15-7:45am</p> <p> Gentle Mat yoga class Thurs 5:00-6:00pm</p> <p> Gentle Chair Yoga class Tues 5:00-6:00pm</p> <p> MELT Mondays at 5:00 (intermediate Wed at 3:00)</p>				<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Sit to Stand or Squat</p> <p><input type="checkbox"/> 5:00 Mat yoga</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Plank at wall, on counter or floor</p>
4	5	6	7	8	9	10
<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Invite a friend to go for a walk or walk alone & call someone to share your experience</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> MELT 5:00</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Side Lunge (seated or standing)</p> <p><input type="checkbox"/> 5:00 Chair yoga</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> MELT 3:00</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Sit to Stand or Squat</p> <p><input type="checkbox"/> 5:00 Mat yoga</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Plank at wall, on counter or floor</p>
11	12	13	14	15	16	17
<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Invite a friend to go for a walk or walk alone & call someone to share your experience</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> MELT 5:00</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Side Lunge (seated or standing)</p> <p><input type="checkbox"/> 5:00 Chair yoga</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> MELT 3:00</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Sit to Stand or Squat</p> <p><input type="checkbox"/> 5:00 Mat yoga</p>	<p><input type="checkbox"/> 7:15-7:45 GENTLE STRENGTH</p> <p><input type="checkbox"/> 8:00 Breath Practice</p>	<p><input type="checkbox"/> 8:00 Breath Practice</p> <p><input type="checkbox"/> Plank at wall, on counter or floor</p>



DECEMBER 2022

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Invite a friend to go for a walk or walk alone & call someone to share your experience	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🌊 MELT 5:00	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Side Lunge (seated or standing) <input type="checkbox"/> 🪑 5:00 Chair yoga	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🌊 MELT 3:00	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Sit to Stand or Squat <input type="checkbox"/> 👤 👤 5:00 Mat yoga	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Plank at wall, on counter or floor
25	26	27	28	29	30	31
<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Invite a friend to go for a walk or walk alone & call someone to share your experience	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Side Lunge (seated or standing) <input type="checkbox"/> 🪑 5:00 Chair yoga	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> Sit to Stand or Squat <input type="checkbox"/> 👤 👤 5:00 Mat yoga	<input type="checkbox"/> 🧘‍♀️ 7:15-7:45 GENTLE STRENGTH <input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice	<input type="checkbox"/> 🧘‍♀️ 8:00 Breath Practice <input type="checkbox"/> 🏠 Plank at wall, on counter or floor <input type="checkbox"/> 🌈🌈🌈 2:00-4:30 CHAKRA IMMERSION

NOTES:

- Check off the movement experience each day that you engage in, or write in something you did to take care of yourself through movement.
- To see titles of each Gentle Strength class this month, go to gentle-yogis.com and choose Gentle Strength from the Classes drop-down menu.
- Regarding MELT classes – Beginners are welcome in the Monday, 5:00pm class, please contact Joyce in advance to check in. Wednesday at 3:00pm is an intermediate class for those who have MELT experience. Both classes require specialized tools, but if you wish to try a class for free and use a rolled up yoga mat, you can contact Joyce to request this option and get further instructions. Learn more at gentle-yogis.com under classes on the main menu or email joyce@gentle-yogis.com