

Kind Your Mind

NOVEMBER 2025

YOGA & SELF CARE PROJECT

TAKE A WALK	FROM FREEZE TO FOCUS: EMBODIMENT POP UP - 11/1	SEND A FRIEND A MESSAGE OF GRATITUDE	INDULGE YOUR INNER CHILD. PLAY!	ZEN RIOT YOGA CLASS
ZEN RIOT YOGA CLASS	WRITE A JOURNAL ENTRY	INVITE A FRIEND TO YOGA	ZEN RIOT YOGA CLASS	COMMUNITY KIRTAN 11/7
ZEN RIOT YOGA CLASS	MEDITATE OR DO NOTHING FOR 5 MINUTES	ZEN RIOT YOGA CLASS	WRITE YOURSELF A LOVE LETTER	GIVE AWAY OR TOSS CLUTTER
COSMIC MIND KUNDALINI & CACAO 11/14	GO OUTSIDE. NATURE DAY	ZEN RIOT YOGA CLASS	INVITE A FRIEND TO COFFEE OR LUNCH	ZEN RIOT YOGA CLASS
OBSERVE YOUR BREATH FOR 5 MINUTES	ZEN RIOT YOGA CLASS	SAY NO TO SOMETHING YOU DON'T WANT TO DO	KIND YOUR MIND: YOGA WRITING POP UP 11/21	TRY SINGLE TASKING. ONE THING AT A TIME