

Kind Your Mind

NOVEMBER 2024

YOGA & SELF CARE PROJECT

TAKE A WALK	YOGA CLASS	SEND A FRIEND A MESSAGE OF GRATITUDE	INDULGE YOUR INNER CHILD. PLAY!	YOGA CLASS	YOGA CLASS
YOGA CLASS	WRITE A JOURNAL ENTRY	INVITE A FRIEND TO YOGA	YOGA CLASS	YOGA CLASS	ASK FOR SUPPORT. WHAT DO YOU NEED TODAY?
YOGA CLASS	MEDITATE OR DO NOTHING FOR 5 MINUTES	YOGA CLASS	WRITE YOURSELF A LOVE LETTER	GIVE AWAY OR TOSS CLUTTER	YOGA CLASS
YOGA CLASS	READ A CHAPTER OF YOUR BOOK	YOGA CLASS	INVITE A FRIEND TO COFFEE OR LUNCH	YOGA CLASS	GO OUTSIDE. NATURE DAY
OBSERVE YOUR BREATH FOR 5 MINUTES	YOGA CLASS	SAY NO TO SOMETHING YOU DON'T WANT TO DO	YOGA CLASS	TRY SINGLE TASKING. ONE THING AT A TIME	YOGA CLASS

HOW TO PARTICIPATE:

1. Say "YES" (but only if you want to)
2. Fill as many squares as you can during the month of November.
3. Feel good about yourself as you move through your month with self care and yoga to help "Kind Your Mind"