

December

2021

“YOUR SOUL NEEDS TIME FOR SOLITUDE AND SELF-REFLECTION. IN ORDER TO LOVE, LEAD, HEAL, AND CREATE, YOU MUST NOURISH YOURSELF FIRST.” - LINDA JOY

Here is a New Year mantra to try: “I will accept what I cannot change. I will accept change. I will forgive. I will not judge, not even myself. I will embrace the present moment“.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safe Toys & Gifts Month	Happy Holidays From Our Family to Yours (click for a video card)		1. Get 20% off 5-packs this week only!	2. Don't let holiday stress take control! Take time for this yoga class!	3.	4. Last Day of Holiday Flash Sale!
5.	6. Send a Wellness Gram before they sell out!	7. Already thinking about your holiday menu? Click here!	8. Did you know we are selling Wellness Baskets?	9.	10. Human Rights Day	11.
12. What are your goals and motivations for next year? How can we help?	13.	14. Have you gotten your peppermint massage scrub yet?	15. Mindful Eating Workshop w/ Taylor 5pm Click to Register!	16. Holiday Breakfast Bars that are cravable all month long!	17. National Ugly Christmas Sweater Day	18. Wreaths Across America Day
19.	20. Sound Bath w/ Joseph 5pm Click to Register!	21.	22. Perfect last minute gift idea: Wellness Gift Certificates!	23. Hot cocoa & Xmas go hand in hand. Try this healthier version!	24. Christmas Eve CLOSED	25. Merry Christmas! CLOSED
26. Gratitude: Don't Forget to Write Your Thank You!	27.	28. If you missed the live sound bath, here is one for home!	29.	30. Need some New Year's Affirmations? Click here	31. New Year's Eve CLOSED	CLOSED