

May 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 Mental health

30

1

2

Live Class
12 PM EST

♥ Mental Health
🕒 20 min

3

4

 Burnalong Cafe
12 PM EST

5

6

Stress Reduction

♥ Mental Health
🕒 8 min

7

8

Meditation

♥ Mental Health
🕒 20 min

9

10

11

Live Class
2PM EST

♥ Mental Health
🕒 20 min

12

13

14

15

16

Live Class
12 PM EST

♥ Mental Health
🕒 20 min

17

 Live Event
12 PM EST

18

19

Love & Embrace
the Skin You're In

♥ Mental Health
🕒 9 min

20

21

3 Tips When You're
Overwhelmed

♥ Mental Health
🕒 4 min

22

Mindful Moments

♥ Mental Health
🕒 3 min

23

24

25

Live Event
2 PM EST

♥ Mental Health
🕒 20 min

26

27

28

29

30

Live Class
12 PM EST

♥ Mental Health
🕒 20 min

31

Evening Relaxation
& Meditation

♥ Mental Health
🕒 15 min

★ May playlist

This month, we've curated a playlist with daily classes to help you work towards your mental health goals. Jump in at any time!

[VIEW THE PLAYLIST](#)

6 Monthly Challenge

📅 5/1 – 5/31

Complete at least one mental health focused class or live event per week and celebrate your mental health all month!