

NO STRESS NOVEMBER

Monthly Yoga Plan

The mind is like water.
When it's calm, everything is clear.
Prasad Mahes



MON	TUE	WED	THU	FRI	SAT	SUN
31	1 	2 	3 	4 	5 	6
7 	8 	9 	10 	11 	12 	13
14 	15 	16 	17 	18 	19 	20
21 	22 	23 	24 	25 	26 	27
28 	29 	30 	1	2	3	4



@yoga.with.kate.amber



www.youtube.com/c/kateamberyoga



@yoga.with.kate.amber



www.kateamberyoga.com