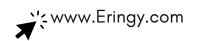


STRENGTH

True strength is not just the power to move mountains; it's the harmony of inner resilience and outer endurance, a symphony that echoes the spirit within and the unyielding force we project to the world

March **2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEDITATION TO RELEASE AND LET GO 15 min Closure of the month	Use this calendar to commit to a self-love and self-care routine with these yoga, meditation, intuitive guidance, and self-reflection practices.				MONTHLY ENERGY FORECAST 24 min	YOGA DRILLS FOR HAPPY WRISTS
YOGA DRILLS FOR TIGHT AND TENSE SHOULDERS	MEDITATION FOR EFFORTLESSNESS 12 min	GOOD MORNING MEDITATION 5 min	NEW YOGA TO CONNECT AND BALANCE THE CHAKRAS 55 min	7 MEDITATION TO HEAL THE HEART 28 min	8 YOGA FOR ANXIETY AND OVERWHELM 30 min	YOGA FOR BEING HEARD 50 min
NEW MOON ENERGY FORECAST 11 min NEW MOON	MEDITATION TO CONNECT TO YOUR HIGHER SELF	YOGA SPINE AND SHOULDER MOBILITY 35 min	MEDITATION TO EMBRACE CHANGE 8 min	YOGA FOR INTUITION AND FORSIGHT 50 min	15 Oracle Card Layout: Relationship Check-In	Reflect on moments in your life when you felt most confident, fulfilled, or accomplished. What were you doing at the time?
GOOD MORNING YOGA FLOW 28 min	YOGA FOR INNER PEACE AND BLISS 45 min	MANIFEST MIRACLES MEDTIATION 20 min	NEW 20 YOGA FOR TIGHT CALF MUSCLES AND HAMSTRINGS 35 min	21 Write down 5 things you're grateful for. Focusing on positive aspects of your life can shift your mindset and build emotional strength.	YOGA FOR SAFETY, GROUNDING, AND STABILITY 55 min	YOGA TO LET IT GO 50 min
YOGA FOR THE FULL MOON 14 min	FULL MOON ENERGY FORECAST 16 min	YOGA FOR CONFIDENCE AND STRONG CORE 55 min	NEW 27 MEDITATION FOR A PEACEFUL SLEEP 7 min	28 MEDITATION FOR GRATITUDE 8 min	29 Oracle Card Layout: Embrace Solitude	YOGA FOR CREATIVITY AND PASSION 60 min





STRENGTH

March 2024

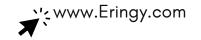
This month speaks of strength. As we navigate our way through these next 31 days, you may need to tap into this reservoir of strength from time to time. Maybe you'll be called to activate inner and outer strength during those moments when you hadn't considered yourself to be strong....until now.

Because of receiving a 'heads up' of the kind of energy this month brings, this calendar has a carefully curated collection of yoga and meditation practices to guide you through a purposeful exploration of your inner strength. These practices aim to not only build physical strength, particularly in the core, but also to cultivate mental resilience, mindfulness, and a deeper connection with your inner self.

Let us recognise that true strength is not just about the ability to endure physical challenges but also about the capacity to face life's uncertainties with grace and a resilient spirit. We've got this!

And as you navigate through March, you can use the hashtag #eringySTRENGTH to connect with others through your socials. Strength is in numbers they say. Let's embark on this journey together to be resilient, grounded and empowered.

Love Erin xx



HOW IT WORKS:

- You can choose to follow the calendar from the beginning or drop in and out whenever you feel called.
- You'll notice there are text on the calendar that are in uppercase letters. These contain links to related videos so you can locate them with ease.
- Some of the offerings (e.g Oracle Card Layouts) will be made available on Facebook and Instagram. Eringy members get early access to these.
- Self-love and self-care doesn't mean you have to do it alone. Why not invite your friends to join you!
- Share your experience with the hashtag below on your social media posts.
- Connect with @erinfurner on Instagram

#eringySTRENGTH