



# 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
<p>MEDITATION TO RELEASE AND LET GO <sup>31</sup></p> <p>15 min</p> <p>Closure of the month</p>	<p>Use this calendar to commit to a self-love and self-care routine with these yoga, meditation, intuitive guidance, and self-reflection practices.</p>				<p>MONTHLY ENERGY FORECAST <sup>1</sup></p> <p>24 min</p>	<p>YOGA DRILLS FOR HAPPY WRISTS <sup>2</sup></p> <p>12 min</p>
<p>YOGA DRILLS FOR TIGHT AND TENSE SHOULDERS <sup>3</sup></p> <p>12 min</p>	<p>MEDITATION FOR EFFORTLESSNESS <sup>4</sup></p> <p>12 min</p>	<p>GOOD MORNING MEDITATION <sup>5</sup></p> <p>5 min</p>	<p><b>NEW</b> <sup>6</sup></p> <p>YOGA TO CONNECT AND BALANCE THE CHAKRAS</p> <p>55 min</p>	<p>MEDITATION TO HEAL THE HEART <sup>7</sup></p> <p>28 min</p>	<p>YOGA FOR ANXIETY AND OVERWHELM <sup>8</sup></p> <p>30 min</p>	<p>YOGA FOR BEING HEARD <sup>9</sup></p> <p>50 min</p>
<p>NEW MOON ENERGY FORECAST <sup>10</sup></p> <p>11 min</p> <p> NEW MOON</p>	<p>MEDITATION TO CONNECT TO YOUR HIGHER SELF <sup>11</sup></p> <p>10 min</p>	<p>YOGA SPINE AND SHOULDER MOBILITY <sup>12</sup></p> <p>35 min</p>	<p><b>NEW</b> <sup>13</sup></p> <p>MEDITATION TO EMBRACE CHANGE</p> <p>8 min</p>	<p>YOGA FOR INTUITION AND FORSIGHT <sup>14</sup></p> <p>50 min</p>	<p>Oracle Card Layout: Relationship Check-In <sup>15</sup></p>	<p>Reflect on moments in your life when you felt most confident, fulfilled, or accomplished. What were you doing at the time? <sup>16</sup></p>
<p>GOOD MORNING YOGA FLOW <sup>17</sup></p> <p>28 min</p>	<p>YOGA FOR INNER PEACE AND BLISS <sup>18</sup></p> <p>45 min</p>	<p>MANIFEST MIRACLES MEDITATION <sup>19</sup></p> <p>20 min</p>	<p><b>NEW</b> <sup>20</sup></p> <p>YOGA FOR TIGHT CALF MUSCLES AND HAMSTRINGS</p> <p>35 min</p>	<p>Write down 5 things you're grateful for. Focusing on positive aspects of your life can shift your mindset and build emotional strength. <sup>21</sup></p>	<p>YOGA FOR SAFETY, GROUNDING, AND STABILITY <sup>22</sup></p> <p>55 min</p>	<p>YOGA TO LET IT GO <sup>23</sup></p> <p>50 min</p>
<p>YOGA FOR THE FULL MOON <sup>24</sup></p> <p>14 min</p>	<p>FULL MOON ENERGY FORECAST <sup>25</sup></p> <p>16 min</p> <p> FULL MOON</p>	<p>YOGA FOR CONFIDENCE AND STRONG CORE <sup>26</sup></p> <p>55 min</p>	<p><b>NEW</b> <sup>27</sup></p> <p>MEDITATION FOR A PEACEFUL SLEEP</p> <p>7 min</p>	<p>MEDITATION FOR GRATITUDE <sup>28</sup></p> <p>8 min</p>	<p>Oracle Card Layout: Embrace Solitude <sup>29</sup></p>	<p>YOGA FOR CREATIVITY AND PASSION <sup>30</sup></p> <p>60 min</p>

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