

HOPE

'Hope is the quiet melody that whispers to the heart, urging it to dance again, even in the midst of life's most challenging symphonies'

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use this calendar to commit to a self-love and self-care routine with these yoga, meditation, intuitive guidance, and self-reflection practices.				1 MONTHLY ENERGY FORECAST 24 min	2 Oracle Card Layout: Yes or No	3 GOOD MORNING YOGA FLOW 28 min
4 YOGA DRILLS FOR TIGHT HIPS AND HAMSTRINGS 12 min	5 YOGA FOR SAFETY, GROUNDING, AND STABILITY 55 min	6 MEDITATION FOR GRATITUDE 8 min	7 NEW YOGA FOR INTUITION AND FORSIGHT 50 min	8 MEDITATION FOR ANXIETY AND STRESS RELIEF 10 min	9 YOGA DRILLS FOR TIGHT AND TENSE SHOULDERS 12 min	10 NEW MOON ENERGY FORECAST 14 min  NEW MOON
11 YOGA FOR SHOULDER AND NECK RELIEF 30 min	12 MEDITATION FOR CONSCIOUS BREATHING 8 min	13 YOGA FOR SELF-LOVE AND HEART HEALTH 55 min	14 NEW MEDITATION FOR SELF LOVE 10 min	15 YOGA TO LET IT GO 50 min	16 Oracle Card Layout: Finding Love	17 Take breaks from social media and news if they contribute to feelings of hopelessness
18 MEDITATION FOR CONSCIOUS BREATHING 8 min	19 YOGA FOR BEING HEARD 50 min	20 MANIFESTATION MEDITATION 16 min	21 NEW YOGA FOR INNER PEACE AND BLISS 45 min	22 MEDITATION FOR CHAKRA ACTIVATION 9 min	23 FULL MOON ENERGY FORECAST 14 min	24 YOGA FOR THE FULL MOON 14 min  FULL MOON
25 "With each breath, I affirm my belief in a bright and hopeful future"	26 MEDITATION FOR FULL BODY RELAXATION 14 min	27 YOGA FOR GROUNDING 20 min	28 NEW GOOD MORNING MEDITATION 5 min Closure of the month	29 YOGA FOR CONFIDENCE AND STRONG CORE 55 min		

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Lean into hope this month dear friend.

Because hope is everything. It's essentially what our soul searches for especially during those darker times and challenges. With that in mind, we can cultivate a hopeful and peaceful heart through yoga, meditation, and self-reflection. This month calls for us to get grounded and stable, speak from the heart, and overcome any fears we might still be holding onto that get in the way of embracing the new.

Big breaths this month gorgeous - big breaths and settle into these coming weeks.

I'm excited that we'll be exploring the last two Chakra energies through yoga (Third Eye and Crown) this month and practicing some deep love toward ourselves especially on the day of Valentines Day. And then of course there's the New Moon and Full Moon's energy to work with alongside a number of other well-being practices that create a beautifully holistic practice to ensure that hope is always at the forefront of your life.

Remember to use the hashtag #eringyHOPE to connect with like-minded souls! I'll be right with you as we navigate this month of hope together.

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 and affirmations) 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

#eringyHOPE