

# Gratitude

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MONTHLY ENERGY FORECAST 35 min	2 MEDITATION FOR DEEP RELAXATION 9 min	3 What are three things I'm grateful for today?	4 <b>NEW</b> YOGA FOR GROUNDING 20 min	5 MEDITATION FOR CONSCIOUS BREATHING 8 min	6 Oracle Card Layout: For When You Feel Stuck	7 Unplug from social media and the News today
8 NEW MOON ENERGY FORECAST 9 min	9 GOOD MORNING YOGA FLOW 28 min	10 What activities or experiences bring me the most joy and fulfillment?	11 <b>NEW</b> MANIFESTATION MEDITATION 16 min	12 YOGA FOR SHOULDER AND NECK RELIEF 30 min	13 Energy Check in: Where's my energy today?	14 New Moon Journal Prompts
15  NEW MOON Middle of the month energy check-in	16 MEDITATION TO CONNECT TO YOUR HIGHER SELF 10 min	17 What personal strengths and qualities do I appreciate in myself?	18 <b>NEW</b> YOGA FOR ANXIETY AND OVERWHELM 30 min	19 MEDITATION FOR EFFORTLESSNESS 12 min	20 Oracle Card Layout: Practice Gratitude	21 Monthly Theme Affirmation
22 FULL MOON ENERGY FORECAST 12 min	23 YOGA DRILLS FOR TIGHT AND TENSE SHOULDERS 12 min	24 Spend time in nature to recharge and connect with the natural world	25 <b>NEW</b> MEDITATION TO CONNECT AND BOOST THE THIRD EYE CHAKRA 8 min	26 YOGA TO LET IT GO 50 min	27 Monthly Theme Affirmation	28 Full Moon Journal Prompts
29  FULL MOON	30 MEDITATION TO RELEASE AND LET GO 15 min	31 Give thanks to the month that was - Closure of the month	Use this calendar to find out what's coming up on Eringy and commit to a self-love and self-care routine with these yoga, meditation, intuitive guidance, and self-reflection practices.			

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Announcing our brand-new energy calendar! Now is the time, dear soul, to prioritise yourself and embrace a self-love and self-care routine that brings you effortless joy. Deep within, you understand that creating feel good vibes and releasing what you no longer want or need is essential to your health and wellbeing. Not to mention that it serves as a powerful source of motivation and inspiration for others!

So let's drive right in! The focus for the Eringy community this month is "Gratitude." Over the course of October, you'll have the opportunity to explore the concept of gratitude and reflect on the aspects of your life that fill you with genuine appreciation as you follow our daily calendar. You can also take part in the latest yoga and meditation practices + oracle card layouts whilst working with theme related affirmations to align your energy to the collective vibrations that exist around and within you.

It's self-care and self-love guidance at your fingertips!

So let's begin and work with the energy of gratitude together.

## 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

#eringyGRATITUDE