

Solitude

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.			NEW YOGA SPINE AND SHOULDER MOBILITY 35 min MONTHLY ENERGY FORECAST	MEDITATION TO CONNECT TO YOUR HIGHER SELF 10 min	Oracle Card Layout: Deciding Between 2 Options	Explore Nature: If possible, spend time in nature.
Engage in a creativity activity today to experience stillness within	YOGA DRILLS FOR TIGHT HIPS AND HAMSTRINGS 12 min	Do I tend to procrastinate, and if so, why?	NEW MEDITATION FOR FULL BODY RELAXATION 14 min	GOOD MORNING YOGA FLOW 28 min	NEW MOON ENERGY FORECAST 7 min	New Moon Journal Prompts
MANIFESTATION MEDITATION 16 min	 NEW MOON	Am I taking care of my physical health and well-being, such as through exercise, nutrition, and rest?	NEW YOGA FOR THE FULL MOON 25 min	MEDITATION TO HEAL THE HEART 28 min	Oracle Card Layout: When You Feel Sad	Unplug from social media and the News today
Energy Check in: Where's my energy today?	YOGA FOR GROUNDING 20 min	Monthly Theme Affirmation	NEW MEDITATION FOR FORGIVENESS AND HEALING 10 min	YOGA FOR ANXIETY AND OVERWHELM 30 min	FULL MOON ENERGY FORECAST 12 min	Full Moon Journal Prompts
MEDITATION FOR HEALING THE PAST AND MOVING FORWARD 18 min	 FULL MOON	Create a Relaxing Atmosphere: Make your chosen space comfortable and inviting.	NEW YOGA FOR FINDING BALANCE 50 min	MEDITATION FOR EFFORTLESSNESS 12 min Closure of the month		

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Welcome dear soul to a new month and of course, a new energy. This month's energy theme is SOLITUDE.

How will you best practice solitude when life is so busy? Great question but just know that I've got you gorgeous! Because each day on this calendar offers unique practices that have all been curated toward finding stillness, awareness, and ease.

If there was ever a perfect reason to join a 30-day self-love regime, then now may just be it! Because when you seek solitude and take some precious time to yourself, you honour all the goodness within. You essentially tell your entire being that you are worthy of self-love which is an incredible affirmation to live by (and necessary).

So, let's dive into the blissful world of solitude, gorgeous. It's time to embrace your own company and discover the magic within.

I wonder what incredible and potent insights you'll receive.

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

#eringySOLITUDE