# FEBRUAR YOGA

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | | 1   |
| NEW 2 | 3   | 4   | 5   | 6   | 7   | 8   |
| NEW 9 | 10   | 11   | 12   | 13   | 14   | 15   |
| NEW 16 | 17   | 18   | 19   | 20   | 21   | 22   |
| NEW 23 | 24   | 25   | 26   | 27   | 28   | |

# FEBRUAR MEDITATION

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | | 1   |
| 2 NEW | 3   | 4   | 5 NEW | 6   | 7   | 8   |
| 9 NEW | 10   | 11   | 12 NEW | 13   | 14   | 15   |
| 16 NEW | 17   | 18   | 19 NEW | 20   | 21   | 22   |
| 23 NEW | 24   | 25   | 26 NEW | 27   | 28   | |