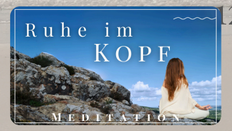
MAI YOGA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 	3 
4 NEW	5 	6 	7 	8 	9 	10 
11 NEW	12 	13 	14 	15 	16 	17 
18 NEW	19 	20 	21 	22 	23 	24 
25 NEW	26 	27 	28 	29 	30 	31 

MAI MEDITATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 	3 
NEW 4	5 	6 	7 	8 	9 	10 
NEW 11	12 	13 	14 	15 	16 	17 
NEW 18	19 	20 	21 	22 	23 	24 
NEW 25	26 	27 	28 	29 	30 	31 