



# season of *Self-Care*

Use this calendar to keep track of events and daily suggestions on how to keep your sanity this holiday season. Watch for emails weekly for events and fill them into your calendar. Give yourself a star for everyday you do something for your self-care.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>NOVEMBER 15</b> Get some fresh air - go for a 15 minute walk	<b>16</b> 5:45pm class w/ EJP + Happy hour in Los Altos Amandine	<b>17</b> Cook or order in your favorite meal.	<b>18</b> Call or text someone you love and let them know.	<b>19</b> Start your day with a full glass of water	<b>20</b> Take 5 minutes to journal (or note) your goals for the week.
<b>21</b> Take 5: roll your feet for 5 min	<b>22</b> Put your phone away, pick up a book!	<b>23</b> Say no to something that is stressing you out.	<b>24</b>  Happy Thanksgiving!	<b>25</b> Ask for help, whether it's with housework, clarification on an exercise, or whatever, in any aspect of life you need or want it.	<b>26</b>	<b>27</b> Lizzie Align45 Recharge30 "Oh The Places You'll Go" theme classes.
<b>28</b> Try out an adult coloring book	<b>29</b>	<b>30</b> Write a note of appreciation to someone. Bonus if you snail mail it.	<b>DECEMBER 1</b> National Eat a Red Apple Day! <i>Eat an apple, any color!</i>	<b>2</b>	<b>3</b> Pop Up 101 Class - A great way to get started or to get back. Bring friends. Coffee will be served.	<b>4</b>
<b>5</b> Curl up with a book or magazine and cup of tea or hot chocolate.	<b>6</b> Close your eyes and breath deeply for a minute. Set your timer and breath.	<b>7</b> "Light It Up" Wednesday! Theme classes Livestream class stack & in-person Recharge	<b>8</b> IChakras Sound healing event at 5:45pm in Los Altos. 60 minutes \$45.	<b>9</b> Build or listen to a feel-good playlist	<b>10</b> Erin's Epic singalong Align45 - Livestream and in-studio	<b>11</b> Yoga & Journaling with Jess. 60 minutes yoga, 30 minutes guided reflection. \$45.
<b>12</b> Light your favorite candle	<b>13</b> Write down 5 things you love about yourself	<b>14</b> "Way Back Wednesday" theme class stack with Marlene - Livestream	<b>15</b> Buy yourself flowers.	<b>16</b> Listen to a podcast or audiobook	<b>17</b> Dodgeball Day! Join us for a friendly game of dogdeball after the 9am class.	<b>18</b> Organize or rearrange your space. Don't be afraid to throw things away!
<b>19</b> Write down 5 things you're grateful for	<b>20</b>	<b>21</b> "Happy Holidayze theme class stack with Marlene - Livestream	<b>22</b>	<b>23</b> Do something creative (painting, writing, drawing, dancing, etc.)	<b>24</b>	<b>25</b> Take the day off. Connect with friends and family near and far.
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

**Alkaline "BEST of the BEST!"**

Enjoy a week of classes in your inbox. Take one per day this week and say goodbye to 2022 in the best possible way!