

31 yoga October Challenge for GOSH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1st Welcome session 8.30am	2nd Pre recorded
3rd 7.30am love	4th 7.30am stillness	5th 7.30am forgiveness	6th 7.30am Anxiety	7th 7.30am release	8th 8.30am power	9th Pre recorded
10th 7.30am Gentle	11th 7.30am giving	12th 7.30am hope	13th 7.30am Gratitude	14th Pre recorded	15th pre recorded	16th Pre recorded
17th Pre recorded	18th 7.30am stress release	19th 7.30am Joy	20th 7.30am Faith	21st 7.30am heart	22nd 8.30am renew	23rd Pre recorded
24th 7.30am kindness	25th 7.30am Core strength	26th 7.30am back release	27th 7.30am hip opening	28th 7.30am The wisdom	29th 8.30am Renew	30th Pre recorded
31st 7.30am Faith						
	To Join the challenge click here for more details.	The Challenge is FREE please donate if you can click here	All classes are recorded and can be done at anytime	The classes are live on Zoom	To access here are the zoom link click here passcode 123	or join via Other ways to join zoom go to zoom https://zoom.us/join meeting id 431 084 5554 passcode 123