



— TUNE IN SBHS —

MANIFESTATION MONDAY

start the week off right

set your intentions | manifest your goals

THINK DIFFERENT TUESDAY

expand your mind

mindfulness | meditation | holistic health

mind+body connection | yoga

WOKE WEDNESDAY

just when you thought you knew what's up

fit bodies | fit minds | conscious influencers

eat this not that

THANKFUL THURSDAY

change your thoughts, change your life

develop your gratitude practice | be happier

FLOW IT OUT FRIDAY

practice yoga with ms. itzkowitz |registered yoga instructor|

and other featured guests

find alingment | be balanced

TUNE IN TO THE SBHS MINDFULNESS
CANVAS PAGE

