

Schedule

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**November Habit
Guru Club Theme:
Rocking and
Rolling!**



01

• 8:30am: [Yoga & Pilates Strength Flow](#) (Zoom)

02

• 9:30am: [Stillness, Strength & Breath Yoga](#) (YogArt)
• 4pm: [Stretch, Rock & Roll](#) (YogArt)

03

• 7am: [Women's Wellness Community Meditation](#) (free on Facebook)
• [Private Coaching Available Upon Request](#)
• 1:30pm-4pm: Facial Workshop

04



[HabitThrive Podcast](#)
Theme:
The Art of Sleep

05

Relax & Recharge

06

• 7am: [Online Mantra Meditation with Suzanne Mongrain Smith](#) (free)
• 8:30am: [Yoga Flow](#) (Zoom)
• 1pm: Cardiac Rehab (Fitness Centre) ❤️

07

"You're never too old to play in the leaves."
-OurMindfulLife.com

08

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09

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• 4pm: [Stretch, Rock & Roll](#) (YogArt)

10

• 7am: [Women's Wellness Community Meditation](#) (free on Facebook)
• [Private Coaching Available Upon Request](#)

11

[HabitThrive Podcast](#)
Theme:
The Art of Sleep

12

Relax & Recharge

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• 7am: [Online Mantra Meditation with Suzanne Mongrain Smith](#) (free)
• 8:30am: [Yoga Flow](#) (Zoom)
• 1pm: Cardiac Rehab (Fitness Centre) ❤️

**Activity Idea:
plan your winter vacation**



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16

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• 4pm: [Stretch, Rock & Roll](#) (YogArt)

17

• 7am: [Women's Wellness Community Meditation](#) (free on Facebook)
• [Private Coaching Available Upon Request](#)

18

[HabitThrive Podcast](#)
Theme:
The Art of Sleep

19

Relax & Recharge

20

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• 8:30am: [Yoga Flow](#) (Zoom)
• 1pm: Cardiac Rehab (Fitness Centre) ❤️

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"November, the month of gratitude and reflection."
-Unknown



22

• 8:30am: [Yoga & Pilates Strength Flow](#) (Zoom)

23

• 9:30am: [Stillness, Strength & Breath Yoga](#) (YogArt)
• 4pm: [Stretch, Rock & Roll](#) (YogArt)

24

• 7am: [Women's Wellness Community Meditation](#) (free on Facebook)
• [Spa Fall Retreat](#) (Open Studio Libre)

25

[HabitThrive Podcast](#)
Theme:
The Art of Sleep

26

Relax & Recharge

27

• 7am: [Online Mantra Meditation with Suzanne Mongrain Smith](#) (free)
• 8:30am: [Yoga Flow](#) (Zoom)
• 1pm: Cardiac Rehab (Fitness Centre) ❤️

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**Activity Idea:
work on boosting your immune system**



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• 8:30am: [Yoga & Pilates Strength Flow](#) (Zoom)

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• 9:30am: [Stillness, Strength & Breath Yoga](#) (YogArt)
• 4pm: [Stretch, Rock & Roll](#) (YogArt)

Phone: 705-647-2848

Email: activeoptionsbylorrie@gmail.com

Facebook: [Women's Wellness Community](#) (LIVE Fridays @7am)

[Habit Thrive Podcast](#)

[Information on Lorrie's Classes](#)