

VIRTUAL RETREAT



Spring





Welcome

"Last year's words belong to last year's language. And next year's words await another voice." –T.S. Eliot

I'm delighted that you're joining me for the **Virtual Retreat on Saturday, April 15 from 2-4 pm ET!**

Your module 1 yoga and meditation video will arrive April 14 to do from 12:45-1:45 pm ET before our live retreat.

Our day includes: savoring an all-level yoga and meditation practice video, spending time in contemplation and community, reflecting on 2023 so far, designing spring, art journaling, and creating a roadmap.

Click the link HERE shortly before 2 pm ET. To prepare, please:

1. **Print and familiarize** yourself this workbook.
2. **Complete** pp. 7-8 in advance.
3. **Gather your tools** and set the stage (p. 5)
4. **Pull images and words** from magazines that represent your vision for spring.

Throughout our gathering, you'll have the chance to share and connect in the chat box.

I can't wait to celebrate this season with you!

P.S. If you miss any of the live event, it's being recorded and I'll send a replay within 48 hours.



agenda*

Module 1: Flow Video

2 pm ET Welcome

Module 2: Reflect

Module 3: Create

4 pm ET Closing

**Subject to change.*



What To Expect



2-HOUR RETREAT



ARTIST DATE



SELF-CARE



SPOTIFY PLAYLIST



RETREAT REPLAY



TDJ DISCOUNT CODE



LIKE-HEARTED GROUP



FESTIVE FINALE



INSPIRING WORKBOOK



1-HR GUIDED MEDITATION & YOGA



Retreat Tips

*“Slowing down is sometimes the best way to speed up.” —
Mike Vance*

To prepare for our retreat, these tips will help guide your experience.

BRING A BEGINNER’S MIND. There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

GATHER YOUR TOOLS. **Creature comforts:** lavender oil, tea, a scarf, rosewater spray, lip balm, flowers, candles, and/or twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines that represent what you’d like to see more of in your life, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

SHOW UP. Do the one-hour yoga and meditation video before we begin, if possible. Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat. Join us a few minutes before 2 pm ET.

SET THE STAGE. Wear something comfy that stretches and you feel good in. Spritz perfume or dab lavender oil. Sip green juice and/or a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify our start. Make your retreat set up inviting.

CONNECT. Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1.

COMPASSION: We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2.

CREATIVITY: We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3.

STYLE: We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is individual and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4.

MINDFULNESS: We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5.

WELLNESS: We choose self-care through gratitude, reflection, whole foods, fulfilling work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.





Spring Intention Setting

What is my intention for this retreat?

How do I want to show up?

How can I best prepare myself to be fully present?

What most needs attention right now?

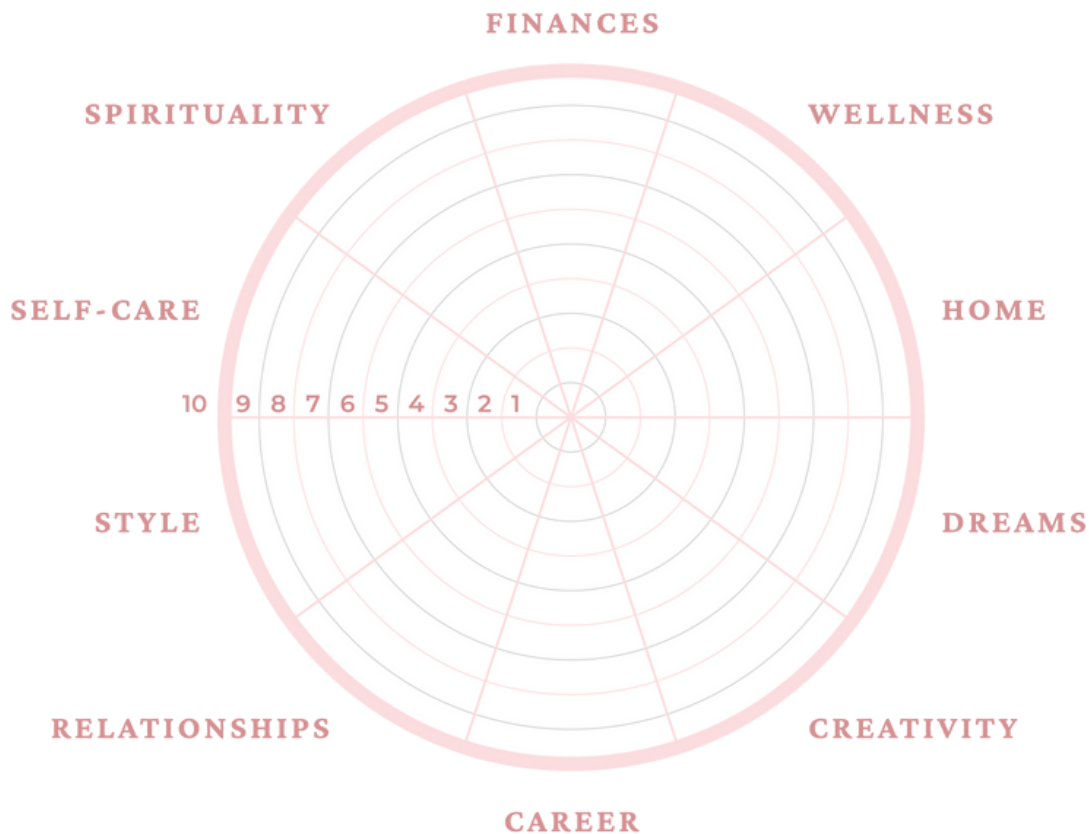
How do I want to feel by the end of this season?



Spring Life Review

Seasonally reflect on areas of your life.

Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

Seasonal Tranquility Tools

- | | | | |
|---|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Seasonal Life Review | <input type="checkbox"/> Deep Clean | <input type="checkbox"/> Practice Essentialism | <input type="checkbox"/> Bed Day |
| <input type="checkbox"/> Try Something New | <input type="checkbox"/> Rearrange | <input type="checkbox"/> Tend Your Garden | <input type="checkbox"/> Get Cultured |



For a New Beginning

by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will home in a new rhythm,
For your soul senses the world that awaits you.



Reflection

1.

2.

3.

4.



Spring Wish List

1. Repot any overgrown plants
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Wear open-toed shoes
5. Place yellow daffodils on your bedside table
6. Spring clean your closets, pantry, and beauty products
7. Take in the many blooming trees
8. Pack a picnic and head to a nearby park
9. Visit an animal sanctuary
10. Plant impatiens and sweet potato vines in your garden
11. Pick up succulent fruit at the farmers' market
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Snap photos of blooming bushes
15. Savor the sunshine on your skin (hello, vitamin D)
16. Add pops of colorful tulips to your desk
17. Go camping
18. Cultivate a garden (windowsills count)
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Hit the beach before the crowds arrive
22. Plan a spring break trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Set out a bird feeder
27. Grow fresh mint for your tea
28. Pack up your heavy winter gear
29. Practice yoga outside
30. Host a mini cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

My Ideas





15 Healthy Habits

“There is a connection between self-nurturing and self-respect.” —Julia Cameron

Track your daily use of these self-care practices for one week and note how you feel.

	1	2	3	4	5	6	7
Restful Sleep							
Warm Bath							
Deep Breathing							
Mindful Movement							
Journaling							
Gratitude							
Postive Self-talk							
Mindful Eating							
Goal Review							
AM & PM Rituals							
Digital Down Time							
Creative Play							
Meditation							
Loving Connection							
Stay Hydrated							



Ways to Incorporate:

1. Schedule it
2. Reward yourself
3. Call in support
4. Change “I have to” to “I choose to”
5. Habit stack
6. Prepare for obstacles
7. Say “no, thank you”
8. Make it a foundation of your daily routine
9. Track it



INCLUDE:

Veggies (lots of dark leafy greens)
Quinoa, brown rice, millet
Beans, legumes, lentils
Unsalted/unroasted nuts and seeds
Fruits
Fresh herbs
Water
Herbal tea
Unsweetened non-dairy milks
Extra virgin olive oil

ELIMINATE:

Gluten (wheat, rye, barley)
Animal products (fish, eggs, meat)
Caffeine, alcohol, soda
Added sugar
Dairy
Processed or fried foods

MEAL IDEAS:

mixed greens salad, steamed veggies over brown rice, veggie soup, sweet potato noodles, spicy hummus, stuffed avocado or red pepper, lettuce wrap black bean tacos, or roasted veggies with quinoa

Detox

Feeling lethargic, overindulgent, or in need of a reset? Try this seven-day cleanse by combining self-care with clean food to release toxins, feel lighter, and rejuvenate.

Basic 7-Day Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	8oz warm water with lemon and 1-2 TBSP ground flaxseed						
	green smoothie or chia seed pudding						
	tongue scrape						
LUNCH	dry skin brush						
	lunch meal*						
	Exercise						
P.M.	dinner meal*						
	journal						
	bath						
	herbal tea						
	exercise						

- Remove temptations from your home. Bye, bye sugary cereals.
- Review the basic food plan and pick up these staples: brown rice, fresh and/or frozen veggies (especially kale, spinach, avocados, cauliflower), frozen fruit (for green smoothies or smoothie bowls), chia seeds, ground flaxseed, lemon, herbal tea, raw nuts, veggie stock for soups, apples, nut butters, gluten-free whole grains, hummus.
- Start weaning off the sugar, alcohol, and caffeine. I know, I know, it may sound impossible, but it's worth the effort. Promise!
- Upgrade your eating to include five servings of fruit and veggies each day.
- Gather your tools and schedule your self-care: journal, tongue scraper, bath supplies, dry skin brush, exercise, massage.
- Schedule time for food shopping and prep.
- Include an abundance of healthy fats like nuts, seeds, avocados, and edamame to help curb cravings.
- Drink plenty of water to help release toxins. Add lemon, mint, and cucumber slices to spice it up.
- Believe you can do this and enlist the support of others. Better yet, have them join you!
- Track your journey and strive for progress, not perfection. You've got this!



Wellness Planning

SHOPPING LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PLANT-BASED PROTEINS

1. **NUTS:** walnuts, almonds, cashews, peanuts
2. **SEEDS:** flax, chia, pumpkin
3. **BEANS:** black, lima, kidney, chickpeas, lentils, edamame
4. **LEAFY GREENS:** spinach, kale, collards
5. **VEGGIES:** broccoli, peas, cauliflower, asparagus, corn
6. **OTHER:** quinoa, tofu, tempeh, and more!

Use this to plan or track your weekly wellness practices.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Water	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
Exercise							
Sleep							
Mood							

Plant-Based Snacks

PROTEIN BALLS

These no-bake balls offer a protein punch and are great on-the-go. Enjoy as a snack, dessert, or breakfast.

Ingredients:

1 cup dates, pitted
½ cup rolled oats
¼ cup chia seeds
⅓ cup vegan chocolate chips
¼ cup vegan protein powder
¼ cup unsweetened shredded coconut
3 tablespoons almond butter

Directions:

Place all ingredients in a food processor or blender. Mix until it forms a dough. Roll into balls. Store in the fridge or freezer.

AVOCADO TOAST

Avocado has protein and healthy fat plus is high in fiber, potassium, vitamins B, C, E, and K.

Ingredients:

bread
avocado
extra virgin olive oil

Directions:

Slice and toast bread, drizzle with olive oil, and mash half an avocado on top with a fork. Top with Montreal steak seasoning, arugula, peaches, tomatoes, pine nuts, chili flakes, or chia seeds.

CHIA SEED PUDDING

Chia seeds are a source of antioxidants and rich in fiber, omega-3 fats, protein, vitamins, minerals, and essential fatty acids.

Ingredients:

3 cups unsweetened almond milk
½ cup chia seeds

Directions:

Whisk the almond milk and chia seeds. Let sit for 5–10 minutes and then whisk again. Cover and chill in the fridge for 2.5–3 hours, or overnight. Stir well before serving. Add toppings such as granola, diced fruit, nuts, or seeds.

KALE CHIPS

Kale is nutrient dense with protein and iron, a great source of fiber, and full of vitamins A, C, and K.

Ingredients:

a large bag of kale
extra virgin olive oil
nutritional yeast

Directions:

Preheat the oven to 350 degrees. Remove leaves from the stalks, wash and dry in a salad spinner, and massage ½ tablespoon of extra virgin olive oil into the leaves. Spread them out on a baking sheet. Add Montreal steak seasoning or nutritional yeast. Bake 15 minutes or until crisp.

CRISPY CAULIFLOWER

Cauliflower is full of nutrients, high in fiber, and has anti-inflammatory benefits.

Ingredients:

1 head of cauliflower cut into florets
1 tablespoon of extra virgin olive oil
¼ teaspoon black pepper
¼ teaspoon paprika
¼ teaspoon turmeric



Directions:

Preheat the oven to 450 degrees. Toss cauliflower in oil and other ingredients. Spread the florets out evenly on a metal baking sheet. Bake for 20–30 minutes until a crispy golden brown. Enjoy with buffalo wing sauce.

GREEN SMOOTHIE

This smoothie is high in fiber, low in sugar, and rich in vitamins and healthy fats.

Ingredients:

½ cup vegan protein powder
2 handfuls spinach
1 tablespoon chia seeds
1 cup almond milk or water
½ avocado
1 tablespoon coconut oil
assorted frozen fruit
1 tablespoon ground flaxseed
½ banana

Directions:

Combine all ingredients in a blender.



Artist Dates

Julia Cameron, author of the life-changing book *The Artist's Way*, coined Artist Dates—a one-hour weekly solo excursion to nurture your creative spark. It's about taking your inner artist out on a date to give the mind an opportunity to rest, play, and uncover ideas that may not show up in daily life.

I've been an avid fan of the idea for nearly two decades and strive to include it in my weekly routine either spontaneously as I pass a bookstore, or planned by signing up for a calligraphy workshop.

Here are some ideas for getting artsy on your own:

- Be an armchair traveler to a new city
- Art journal
- Virtually visit museums and national parks
- Create a vision board (Pinterest or scissors & glue)
- Set up a creative space
- Pull together a creative to-go kit
- Learn origami
- Try a different type of movement class
- Read a classic
- Set up an altar
- Make jewelry
- Virtually visit to the Paris Opera house
- Play in a coloring book
- Knit or crochet a scarf
- Bake a cake
- Go through that pile of magazines (pull images for art journaling)
- Write a poem
- Watch a creative documentary (*Iris*, *Dior & I*, *Bill Cunningham NY*, *A Ballerina's Tale*, *Diana Vreeland*, *The September Issue*, *The Creative Brain*, *The Gospel According to André*)
- Pen snail mail love notes
- Try on your clothing and create new outfits
- Take an online class
- Do a puzzle
- Create DIY bath products
- Try a new recipe
- Write a bucket list
- Make a playlist



More Ideas:



Art journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.



Closing

1.

2.

3.

4.



Love Note

"And now we welcome the new year. Full of things that have never been." –Rainer Maria Rilke

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously create this brand new season.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time in creativity. Go for a long stroll. Stay connected to what matters most.

Let's stay in touch via weekly **Love Notes**, as well as the Tranquility du Jour **podcast**.

May spring be filled with intentional choices, self-compassion, and connection to what matters most. You're beautiful! x



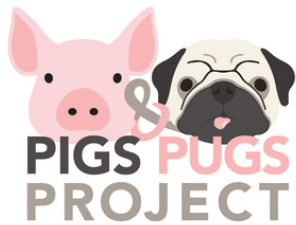
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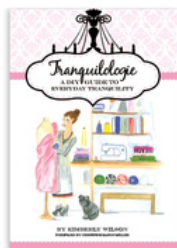
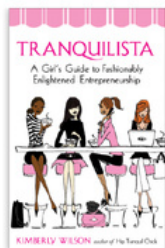
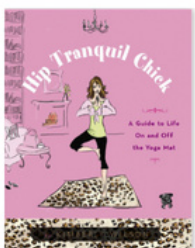


**FOR THE
PLANET**
MEMBER



Kimberly

*A portion of all Tranquility du Jour proceeds benefits
Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival,
so thank you for making a difference.*





Everyday Retreat

“The world needs people who retreat from the world in order to see it more clearly.”
—Patrick Shen

1. **SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Maintain the slower pace of the retreat. Remember to breathe and observe what is happening within you.
2. **NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
3. **HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
4. **SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
5. **EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?



Everyday Tranquility

Tranquility is the quality of calm within a full and meaningful life.

SIP hot water with lemon.

Spend a few minutes in **MEDITATION**.

MOVE YOUR BODY through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

REVIEW YOUR DAYBOOK and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

SPRITZ PERFUME and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

PRACTICE GRATITUDE.

MAKE SOMEONE'S DAY with a simple "I appreciate you" text or smile.

TRACK your energy, time, and money habits.

DECLUTTER your mind, home, and digital environments.

BATCH TASKS by categories and hats you wear.

ESTABLISH ROUTINES and healthy habits.

MAKE A DIFFERENCE as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

FOREST BATHE and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

PRACTICE STOP: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.



30 Days of Tranquility

Try this 30-day challenge to infuse your month with simple pleasures.

1

SIT STILL FOR
FIVE MINUTES

2

DO SIX SUN
SALUTATIONS

3

WRITE A
LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A
GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR
20 MINUTES

9

DO LEGS
UP THE WALL

10

GIVE \$10 TO
CHARITY

11

PEN TWO
JOURNAL PAGES

12

REVIEW YOUR
YEAR'S DREAMS

13

CLEAR CLUTTER

14

GO ON AN
ARTIST DATE

15

COLLAGE TWO
PAGES

16

TREAT YOURSELF
TO TEA

17

READ FOR
20 MINUTES

18

BUY YOURSELF
FLOWERS

19

DANCE TO A
FAVORITE TUNE

20

EXPRESS
GRATITUDE

21

EAT ONLY
UNPROCESSED
FOODS

22

SOAK IN A
BUBBLE BATH

23

MINDFULLY
SIP A LIBATION

24

GET OUT
IN NATURE

25

FORGO
COMPLAINING

26

TAKE A
DIGITAL DAY OFF

27

SNAP PHOTOS
FROM YOUR DAY

28

MAKE A
FAVORITE MEAL

29

HUG

30

BE FULLY
PRESENT



Creativity

#122 Being Succulent with SARK
 #152 Musings on Creativity
 #154 Guide to Creativity
 #184 Creative Awakenings
 #238 Abundant Wild Life
 #242 Brave Intuitive Painting
 #273 Making Your Creative Mark
 #307 Yoga + Creativity
 #373 Creative Practice
 #442 Creativity
 #472 Wild Words
 #584 Journey to Stage
 #593 Someday is Today

Style

#179 Signature Style
 #259 Project 333
 #289 Finding Your Ooh la la
 #310 Style Secrets
 #338 All About the Pretty
 #351 At Home with Madame Chic
 #354 The Good Karma Diet
 #366 Polish Your Poise
 #414 Parisian Charm School
 #438 Simply Luxurious Life
 #464 Summer Style
 #510 Soulful Living
 #528 Creating a Uniform

Wellness

#181 Living The Not So Big Life
 #240 Main Street Vegan
 #335 Walk On the Healthy Side
 #348 Mindful Self-care
 #370 Sipping Tea
 #397 Nourish 360
 #398 Make Peace with Your Mind
 #421 From Anxiety to Love
 #426 Breaking Up with Busy
 #484 Money Management
 #486 Stop Checking Your Likes
 #506 Living Ayurveda
 #583 Reclaiming Wellness

Mindfulness

#267 Mindful Living
 #317 Mindfulness Diaries
 #320 Mindfulness
 #341 Everyday Mindfulness
 #356 Uncovering Happiness
 #357 Mindful Eating
 #416 All Our Waves Are Water
 #470 Love On Every Breath
 #473 Now is the Way
 #545 Pause. Breathe. Choose.

Compassion

#116 Spiritual Activism
 #359 Artistic Activism
 #439 Give A Sh*t
 #451 Racial Justice
 #452 Reducetarian
 #475 Zero Waste
 #491 Being An Ally
 #508 Sustainable Living
 #572 Sit Down to Rise Up
 #581 For a Good Cause

