

September

09/2024
burnalong®

Prioritize self care



September playlist

Take care of YOU this month with yoga, recipes, workouts, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2 <u>Mindfulness</u></p> <p>♥ Stress management 🕒 11 min</p>	<p>3 <u>Yoga</u></p> <p>♥ Yoga 🕒 20 min</p>	<p>4 <u>Nutrition</u></p> <p>♥ Educational 🕒 10 min</p>	<p>5 <u>User Event</u> 12:00pm</p>	<p>6 <u>Educational</u></p> <p>♥ Nutrition 🕒 8 min</p>	<p>★ 7 <u>Strength</u></p> <p>♥ Travel workout 🕒 13 min</p>	<p>8 <u>Lifestyle</u></p> <p>♥ Hobbies, pets 🕒 17 min</p>
<p>9 <u>Mindfulness</u></p> <p>♥ Meditation 🕒 6 min</p>	<p>★ 10 <u>Yoga</u></p> <p>♥ Stress management 🕒 51 min</p>	<p>11 <u>Nutrition</u></p> <p>♥ Educational 🕒 11 min</p>	<p>12 <u>Cardio</u></p> <p>♥ Bootcamp 🕒 32 min</p>	<p>13 <u>Educational</u></p> <p>♥ Diabetes 🕒 6 min</p>	<p>★ 14 <u>Strength</u></p> <p>♥ Abs 🕒 10 min</p>	<p>15 <u>Lifestyle</u></p> <p>♥ Hobbies, music 🕒 8 min</p>
<p>★ 16 <u>Mindfulness</u></p> <p>♥ Life coaching 🕒 10 min</p>	<p>17 <u>Yoga</u></p> <p>♥ Yoga 🕒 17 min</p>	<p>18 <u>User Event</u> 12:00pm</p>	<p>19 <u>Cardio</u></p> <p>♥ Cardio 🕒 18 min</p>	<p>★ 20 <u>Educational</u></p> <p>♥ Dementia 🕒 19 min</p>	<p>21 <u>Strength</u></p> <p>♥ Barre 🕒 33 min</p>	<p>★ 22 <u>Lifestyle</u></p> <p>♥ Financial wellbeing 🕒 8 min</p>
<p>23 <u>Mindfulness</u></p> <p>♥ Stress management 🕒 9 min</p>	<p>24 <u>Yoga</u></p> <p>♥ Seniors 🕒 26 min</p>	<p>25 <u>Nutrition</u></p> <p>♥ Healthy eating 🕒 6 min</p>	<p>26 <u>User Event</u> 12:00pm</p>	<p>27 <u>Educational</u></p> <p>♥ Sleep 🕒 14 min</p>	<p>28 <u>Strength</u></p> <p>♥ Bodyweight 🕒 29 min</p>	<p>29 <u>Lifestyle</u></p> <p>♥ Educational 🕒 14 min</p>
<p>30 <u>Meditation</u></p> <p>♥ Life Coaching 🕒 22 min</p>						



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