

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Year's Day	2 	3 S N	4 O W	5 	6	7 If you haven't yet, take a bit of time to reflect on 2022. here's a blog post to help.
8	9 Resolutions, goals, dreams and visions or none of those things - YOU are doing AMAZING!	10	11 <u>Wildly You Yoga via Zoom 6am</u> <u>reserve your spot</u>	12	13 National Sticker Day	14 <u>Wildly You Yoga via Zoom 8:30am</u> <u>reserve your spot</u>
15 Wildly You 90's Yoga Flow with Sioux Falls parks & rec 8am <u>register here</u>	16 Martin Luther King Jr Day	17	18 Frind a snowy trail and take a walk!	19 National Popcorn Day Wildly Business Retreat Begins!	20 National Cheese Lovers Day You've been training your whole life for this, you know what to do!	21 Channel your inner kid and go sledding!
22	23 National Pie Day Grab your friends, head to a local diner and enjoy a slice of pie!	24	25 <u>Wildly You Yoga via Zoom 6am</u> <u>reserve your spot</u>	26	27 Make it a self care night! Pjs, tea/wine, netflix, nails/facemask/etc. It's for YOU!	28 <u>Wildly You Yoga via Zoom 8:30am</u> <u>reserve your spot</u>
29 Wildly You Walk in the Park with Sioux Falls parks & rec 1pm <u>register here</u>	30	31 National Hot Chocolate Day I think it's obvious... enjoy some decadent hot chocolate today!		Light a candle and take an hour for you today (bath, book, yoga, do you!)		

