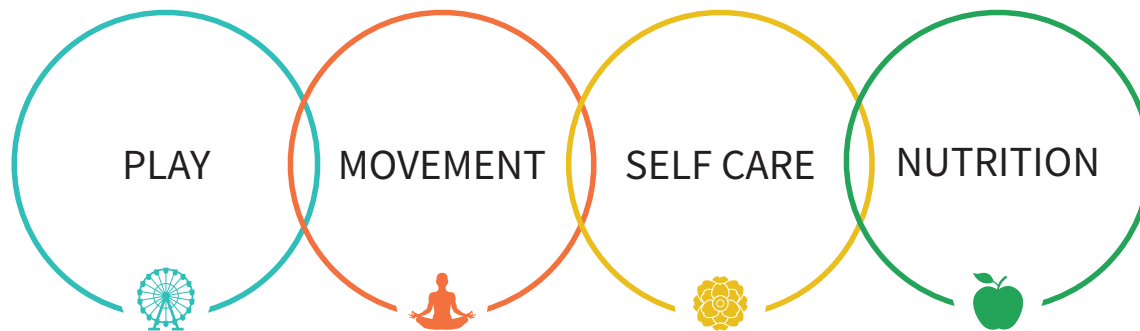











*One Month Out*  
**INTRODUCE THE FOUR  
COMPONENTS TO A HEALTHY LIFE**



SUN	MON	TUE	WED	THU	FRI	SAT
01	02  FACEBOOK LIVE / INSTAGRAM STORIES	03  <i>Email</i>	04  <i>In Studio Post</i>	05  FACEBOOK LIVE / INSTAGRAM STORIES	06  <i>Email</i>	07
08	09  FACEBOOK LIVE / INSTAGRAM STORIES	10  <i>Email</i>	11	12  FACEBOOK LIVE / INSTAGRAM STORIES	13  <i>Email</i>	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28






## Digital

Over **four Facebook Lives/Instagram Stories**, you'll share examples of each component and in between be sure to post on your feed moments of people taking part in them.

Download each of these and **email them out** with an invitation to join the journey the following day.

## In Studio

On an **A-Frame, Chalkboard Wall or Via Flyers**, Let them know The Mandala Journey Is Coming. Consider any in studio moments or events that may be ideal to accompany this: Meditation Evening to set an intention, A Night of Self Care, a Saturday Morning of Play. This is a chance to challenge the status quo of what studios are and welcome clients and prospects alike through your doors.

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	 <b>ADS START</b>	 <b>Email #1</b>	18	19	 <b>Email #2</b>	21
22	 <b>Email #3</b>	24	25	 <b>Email #4</b>	27	28

## Digital

Digital Ads and Email Campaigns Begin.

Yes, you've been inviting people for weeks, but now it's time to ramp it up.