



Tuesday, September 1 st 2020			
8:00 AM	20 mins	Morning Power Yoga	Start your day right with an athletic yoga practice.
8:20 AM	10 mins	Inspiration Meditation	Open your mind and heart with a meditative practice for a more fulfilling day.
12:00 PM	10 mins	Breathe for Calm	These breathing exercises stimulate the relax and digest functions of your nervous system.
1:00 PM	15 mins	Smart Career Changes	Learn the key questions to ask yourself before making a career change.
5:00 PM	20 mins	Self-Massage Upper Body	Get your blood pumping and body moving with this invigorating self-massage and stretching sequence! LMT Chris Minehan will guide you through a 20-minute specialized sequence targeting upper body issues that can arise from increased computer time, including neck stiffness and carpal tunnel pain. You will learn to think more openly about your body, to listen to its cues and to take a little time each day to ease pain and tension and thereby increasing relaxation and productivity.
Wednesday, September 2 nd 2020			
12:00 PM	15 mins	Vital Living Through the Chakras (Part 5)	Learn about how to work with your chakras for increased vitality, balance and self-awareness.
12:15 PM	10 mins	Vishuddha Chakra Meditation	Meditation practice embodying physical and mental aspects of the 5th Chakra.
1:00 PM	15 mins	Stress Busters	Restore your energy with our special cocktail of stress busting techniques.
4:00 PM	30 mins	Yoga for Grounding	A deep dive yoga class for all levels, to steady body and mind in an ever-shifting world.
Thursday, September 3 rd 2020			
11:30 AM	20 mins	Live Music on Amy TV	This week's episode: LIVE MUSIC. Plus: comedy, random facts and singalongs with Singer & Comedienne Amy Rivard.
12:00 PM	20 mins	Yoga for Shoulders & Chest	Address tension patterns and weakness in the chest and shoulders with this all levels yoga practice.
12:30 PM	15 mins	Ayurveda 101	Reimagine your health through the lens of Ayurveda, a system of traditional medicine from India. Learn basic principles and concepts.



12:50	10 mins	Meditation on Nature	Connect with the body and earth in this meditation, counteracting over active thoughts, distractedness and anxiety.
Friday, September 4th 2020			
8:45 AM	10 mins	Resistance Band Jam	Strengthen your core, legs and entire lower body with this fun rhythmic fitness routine that will tone, tighten and make you smile while you burn off the last of those summer calories! Bring your resistance bands.
9:00 AM	10 mins	Heart Centered Meditation	Become aware of the power of your heart, both physically and emotionally, in this meditation.
12:00 PM	15 mins	Creative Fridays: Explore Writing	Get a dose of creative expression in this creative writing session.
1:00 PM	15 mins	Desk Stretch	A stretching session you can do without leaving your desk.
Monday, September 7th 2020			
12:30 PM	15 mins	Stress Busters	Restore your energy with our special cocktail of stress busting techniques.
12:45 PM	10 mins	Stress Relieving Meditation	Stress relieving meditation practice for all levels.
5:30 PM	20 mins	Plant Care for Fall Transition	Get your plant care questions answered! Celebrate Summer's bounty and prepare your indoor and outdoor plants for fall.
Tuesday, September 8th 2020			
8:00 AM	20 mins	HIIT Workout	Get your daily movement dose with a high intensity circuit training session.
8:20 AM	10 mins	Morning Meditation	Start your day with a meditation practice.
12:00 PM	10 mins	Breathe to Cool Off!	Learn cooling breathing techniques to beat the heat.
12:10 PM	10 mins	Chill Out Meditation	Learn to let go and relax in this easeful guided meditation.
1:00 PM	15 mins	Job Crafting	Re-energize your approach to your work with job crafting.
5:00 PM	20 mins	Self-Massage Lower Body	Get your blood pumping and body moving with this invigorating self-massage and stretching sequence! LMT Chris Minehan will guide you through a 20-minute specialized sequence



			targeting lower body issues that can arise from sedentarism and over or incorrect exercise. You will learn to think more openly about your body, to listen to its cues and to take a little time each day to ease pain and tension and thereby increasing relaxation and productivity.
Wednesday, September 9th 2020			
12:00 PM	15 mins	Vital Living Through the Chakras (Part 6)	Learn about how to work with your chakras for increased vitality, balance and self-awareness.
12:15 PM	10 mins	Ajna Chakra Meditation	Meditation focused on the physical and mental aspects of the 6th Chakra.
1:00 PM	10 mins	Desk Stretch	Take a stretch break without leaving your desk.
4:00 PM	30 mins	All Levels Yoga	A deep dive yoga class for all levels, to balance body and mind.
Thursday, September 10th 2020			
11:30 AM	20 mins	Life Hacks on Amy TV	This Week's Episode: Life Hacks. Plus: songs, random facts and singalongs with Singer & Comedienne Amy Rivard.
12:00 PM	20 mins	Office Yoga	A yoga practice that you can do standing up: appropriate for a corner of the office!
12:30 PM	15 mins	Ayurvedic Nutrition for Autumn	Learn how to shift nutrition habits and mindset around your health as the seasons change. According to Ayurveda, a traditional Indian science of medicine, living in accordance with each season produces optimum physical and mental health.
12:50 PM	10 mins	Meditation on Nourishment	Nourishment comes in many forms: reflect on how you are nourished through your work, relationships, health and perspective.
Friday, September 11th 2020			
8:45 AM	10 mins	Full Body Stretch & Strengthen	Stretch and strengthen your entire body.
9:00 AM	10 mins	Gratitude Meditation	Practicing gratitude is proven to uplift and relax.
12:00 PM	15 mins	Creative Fridays: Journaling	Journaling helps you to be self-reflective, and to relieve worried thoughts. Get started in this creative class!
1:00 PM	15 mins	Chair Yoga	Yoga you can do at your desk.



Monday, September 14 th 2020			
12:30 PM	15 mins	Healthy Kitchen Staples	Must haves on your grocery list for healthful snacking & meal prep.
12:45 PM	10 mins	Mindful Eating Meditation	How to mindfully check in with your body before eating or making food.
5:30 PM	15 mins	Dance Fitness	Get ready to work it out with this high intensity rhythmic blend of dance, strength and stretch training! Bring your resistance bands and small hand weights if you have some.
Tuesday, September 15 th 2020			
8:00 AM	20 mins	Rise & Shine Cardio Circuit	Get your blood pumping with this morning exercise routine.
8:20 AM	10 mins	Visualization for a Healthy Day	Visualize a healthy day ahead, and then live it! The future is seeded in the subconscious: plant your seeds with this meditation.
12:00 PM	10 mins	Breathe for Increased Energy	Energizing breath practice that you can use to lift your energy right from your desk.
12:10 PM	10 mins	Midday Meditation	Meditation that you can do during your lunch break.
1:00 PM	15 mins	What Actually Makes Work Happy	Learn how to increase job satisfaction.
Wednesday, September 16 th 2020			
11:00 AM	15 mins	Why Professional Mentorship Matters	What is mentorship in the workplace and why does it matter?
12:00 PM	15 mins	Vital Living Through the Chakras (Part 7)	Learn about how to work with your chakras for increased vitality, balance and self-awareness.
12:15 PM	10 mins	Sahasrara Chakra Meditation	Meditation on the physical and mental aspects of the 7th Chakra.
1:00 PM	15 mins	Chair Yoga	Yoga you can enjoy without leaving your desk.
4:00 PM	30 mins	Yoga for Grounding	A deep dive yoga class for all levels, to balance body and mind.



Thursday, September 17 th 2020			
11:30 AM	20 mins	Random Facts on Amy TV	This Week: Random Fact Girl. Plus, songs and comedy bits with Singer & Comedienne Amy Rivard.
12:00 PM	20 mins	Yoga for Back Health	Lunchtime yoga practice to support strength and flexibility in the back.
12:30 PM	15 mins	Ayurvedic Practices for the Fall Equinox	The period around the equinox is called Ritu-Sandhi and is an important opportunity for healthful changes.
12:45	10 mins	Meditation on Letting Go	Cultivate the art of letting go and peaceful transitions.
Friday, September 18 th 2020			
8:45 AM	10 mins	Resistance Band Jam	Strengthen your core, legs and entire lower body with this fun rhythmic fitness routine that will tone, tighten and make you smile while you burn off the last of those summer calories! Bring your resistance bands.
9:00 AM	10 mins	End of Week Meditation	End your week with a reflective meditation.
12:00 PM	15 mins	Creative Fridays: Dream Journaling	Improve dream recall with this practice of writing them down.
1:00 PM	15 mins	Desk Stretch	A stretch you can do without leaving your desk.
Monday, September 21 st 2020			
12:30 PM	15 mins	Stress Busters	Restore your energy with our special cocktail of stress busting techniques.
12:45 PM	10 mins	Mindfulness Practice: Body Scan	Traditional mindfulness practice to practice non-judgemental awareness.
5:30 PM	15 mins	Soulful Yoga Flow	A fun yoga flow to music to lift your spirits.
Tuesday, September 22 nd 2020			
8:00 AM	20 mins	Yoga Basics Class	Simple, beginner friendly yoga for all levels.
8:20 AM	10 mins	Morning Meditation	Begin your day with meditation.



12:00 PM	10 mins	Breath for Focus	Use your breath to focus your mind.
12:10 PM	10 mins	Meditation for Focus	Meditation for increased focus.
1:00 PM	15 mins	Beginner's Mindset for Success at Work	How to embrace "starting over" as a practice at work and beyond.
Wednesday, September 23rd 2020			
12:00 PM	15 mins	Complete Chakra Balancing Practice	Revitalize yourself through a practice that aligns all of your chakras - like a chiropractic adjustment for your energy!
12:15 PM	10 mins	Complete Chakra Meditation	Progressive meditation moving through the seven chakras and their associated qualities.
11:00 AM	15 mins	Mentorship Skills for Managers	Actionable techniques for managers to develop employee talent through mentorship.
1:00 PM	15 mins	Cardio Chair Yoga	Not your average chair yoga - high energy, fun and set to music!
4:00 PM	30 mins	Yoga for Total Release	Complete yoga practice for physical and emotional release.
Thursday, September 24th 2020			
11:30 AM	20 mins	Live Pop Music Concert & Singalong on Amy TV	This Week: Pop Music Concert and Singalong! Plus, songs and comedy bits with Singer & Comedienne Amy Rivard.
12:00 PM	20 mins	Yoga Flow Class	A flowing lunchtime yoga class for intermediate to advanced practitioners.
12:30 PM	15 mins	Ayurvedic Lifestyle Tips for Immune Health	Immune system health through the lens of Ayurveda, with tips to integrate into your lifestyle for the fall.
12:45	10 mins	Meditation on Innate Wisdom	A guided meditation to access the wisdom in your body.
Friday, September 25th 2020			
8:45 AM	10 mins	Full Body Stretch & Strengthen	Accessible full body stretching and strengthening movements.
9:00 AM	10 mins	End of Week Meditation	End your week with a reflective meditation.



12:00 PM	15 mins	Creative Fridays: Your Ideal Day	Guided writing practice about your ideal day, which can be used as a blueprint for a more fulfilling life.
1:00 PM	15 mins	Desk Stretch	A series of stretches you can do at your desk.
Monday, September 28th 2020			
12:30 PM	15 mins	Stretch & Breathe	Gentle seated stretching and breathing practice.
12:45 PM	10 mins	Mindfulness Meditation	Lunchtime mindfulness meditation for all levels.
5:30 PM	15 mins	Dance Fitness	Get ready to work it out with this high intensity rhythmic blend of dance, strength and stretch training! Bring your resistance bands and small hand weights if you have some.
Tuesday, September 29th 2020			
8:00 AM	20 mins	Morning Yoga Flow	Start your system with a flowing yoga practice.
8:20 AM	10 mins	Morning Meditation	A meditation to prepare you for the day.
12:00 PM	10 mins	Breath Practice for Heart Connection	Become aware of the power of your heart, both physically and emotionally, in this meditation.
12:10 PM	10 mins	Loving Kindness Meditation	Mindfulness practice to increase compassion for self and others.
1:00 PM	15 mins	Make Better Career Decisions	How to overcome the main obstacles to career decision making.
Wednesday, September 30th 2020			
11:00 AM	15 mins	Implementing A Culture of Mentoring	The why and how of creating a work culture that includes mentoring.
12:00 PM	15 mins	Desk Stretch	A stretching session you can do at your desk.
12:15 PM	10 mins	Midday Meditation	Meditation you can do during your lunch break.
1:00 PM	15 mins	Stress Busters	Restore your energy with our special cocktail of stress busting techniques.
4:00 PM	30 mins	Gentle Yoga Flow	A gentle yoga classes for all levels.