

RADIANTLY *you*

April Challenge 2022

WELCOME!

To help you get started, I'd like to show you around! When you log into the members areas you will find that the library is divided into categories. Most recent classes can be found in **New 4 You** and full-length classes (40 minutes and over) will also be added to **& Flow**. Shorter classes, including drills can be found in **Drills**. Lifestyle guidance such as dietary advice, Ayurvedic wisdom, journaling prompts and applied yoga philosophy can be found in **Off the Mat** – **this is where you will also find your Clean Eating guidance**. **Healthy & Delicious** is where you'll find my recipe collection and **On Purpose** is a section dedicated to intention living guidance and short meditations. Plus, there's a section with all my "Playlists". I hope you will find plenty of inspiration to help you be the best you can be.

I'm happy you will be joining me through the month and hope you enjoy the challenge.

With love

Sarah x

