

October  
2019

## Get Spine Active

(a) In the case of a person who is a member of a partnership, the partnership shall be treated as a single person for the purposes of this section.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Declare your intention to practice Transcendental Meditation		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Meditation Day (all day)	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		When you find the time to practice, please do so.
Get involved! Get active, happy	Continue our devotion	Remember to do the movement	Practice nature's way of expressing energy			Stay tuned on social media, repetition, study & more to follow

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