

# LOVE YO'SELF | SUN. JULY 30

☀️ GUIDED YOGA SESSIONS  
HOME YOGA PRACTICE | CHAKRAS YOGA FLOW  
NIKKI MILLER | ALAINA DOUGLAS

☀️ SHADOW WORK LIVE CHAT  
@FEARLESSLEON X @THADALAIMAMA  
3 PM EST/12 PM PST

☀️ MAGIAZINE DIGITAL  
BOOKFAIR + FREE GIVEAWAY

☀️ 5 CRYSTAL HACKS FOR SUMMER  
#CHEATSHEET X BARE MYSTICS