

Welcome to your mindfulness wellness calendar with Poppy Life Care. This calendar is designed to inspire and guide you through each month with themes that promote holistic well-being, mindfulness, and nutrition.



Calendar

# 2025

# JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 ● New Moon In Capricorn 🗓️ New Year's Day	2	3	4
5	6 ☀️ Epiphany	7	8	9	10	11
12	13	14	15 ● Full Moon In Cancer	16	17	18
19	20 👤 Martin Luther King Jr. Day	21	22	23	24 🇺🇸 National Compliment Day (USA)	25
26	27 👤 International Holocaust Remembrance Day	28	29	30 ● New Moon In Aquarius	31	

**INTENTION**

Set intentions that will guide you through 2025

**WELLNESS TIP**

Get cozy near a fire or with a blanket and do 60 seconds of breath of fire to keep you warm from the inside out.

**MINDFUL MOMENT**

Turn your intentions into your 2025 reality with a beautiful vision board to represent 2025



**GROUNDING & NEW BEGINNINGS**

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 🎗️ World Cancer Day	5	6	7	8
9	10	11	12	13	14 🌕 Full Moon in Leo 👉 Valentine's Day	15
16	17 🇺🇸 Presidents' Day 🇨🇳 Chinese New Year 🇲🇵 Mardi Gras (Fat Tuesday)	18	19	20 🐾 Love Your Pet Day	21	22
23	24	25	26	27	28 🏠 Rare Disease Day	

## INTENTION

Food is medicine and healing happens from the inside out.

## WELLNESS TIP

Take it easy on your digestive system this month and try more soups roasted veggies.

## MINDFUL MOMENT

Practice mindful eating. A few helpful tips; set your table, use all your senses, & practice gratitude before each bite.



NOURISHING THE BODY

# MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1 ● New Moon in Pisces
2	3	4	5	6	7 🎆 Holi	8 👩 International Women's Day
9	10	11	12	13	14	15 ● Full Moon in Virgo
16	17 🍀 St. Patrick's Day	18	19	20 International Day of Happiness	21	22
23	24 World Tuberculosis Day	25	26	27	28	29
30 ● New Moon in Aries	31					

**INTENTION**

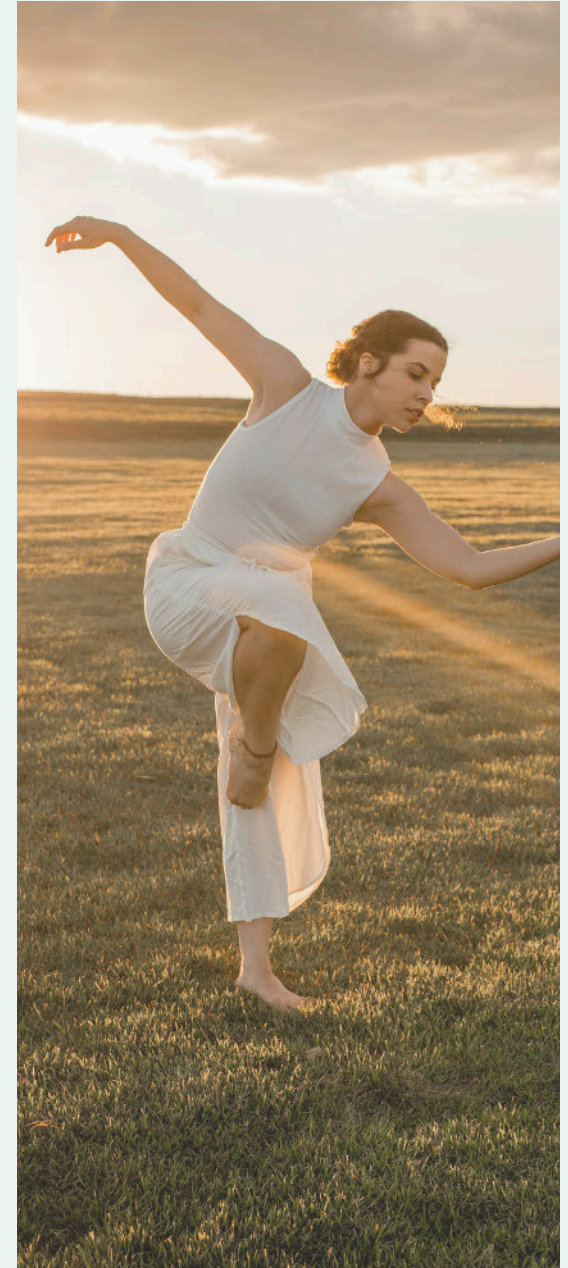
Movement challenge- get the body moving for 15 minutes everyday.

**WELLNESS TIP**

Find movement practices that bring joy, feel good, and challenge you just enough.

**MINDFUL MOMENT**

Take a group fitness class and get to moving in community.



**MOVEMENT & ENERGY FLOW**

# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <small>April Fools' Day</small>	2	3	4	5
6	7 <small>World Health Day</small>	8	9	10	11	12
13 <small>Full Moon in Libra</small>	14	15	16	17	18 <small>Good Friday</small>	19
20 <small>Easter Sunday</small>	21	22 <small>Earth Day</small>	23	24	25 <small>World Malaria Day</small>	26
27	28	29 <small>New Moon in Taurus Partial Solar Eclipse</small>	30			

**INTENTION**

Get out in nature. Aim for 10k steps per day this month.

**WELLNESS TIP**

Take one long walk every day and then make sure to keep walking throughout each day.

**MINDFUL MOMENT**

Grab a friend or roam alone. Look to nature for healing. Listen to the sounds of the natural world.



**NERVOUS SYSTEM REGULATION & HEALING**

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 International Workers' Day	2	3
4	5 Cinco de Mayo World Hand Hygiene Day	6	7	8	9	10
11 Mother's Day	12 International Nurses Day	13	14 Full Moon in Scorpio Partial Lunar Eclipse	15 International Day of Families	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29 New Moon in Gemini	30	31 World No Tobacco Day

**INTENTION**

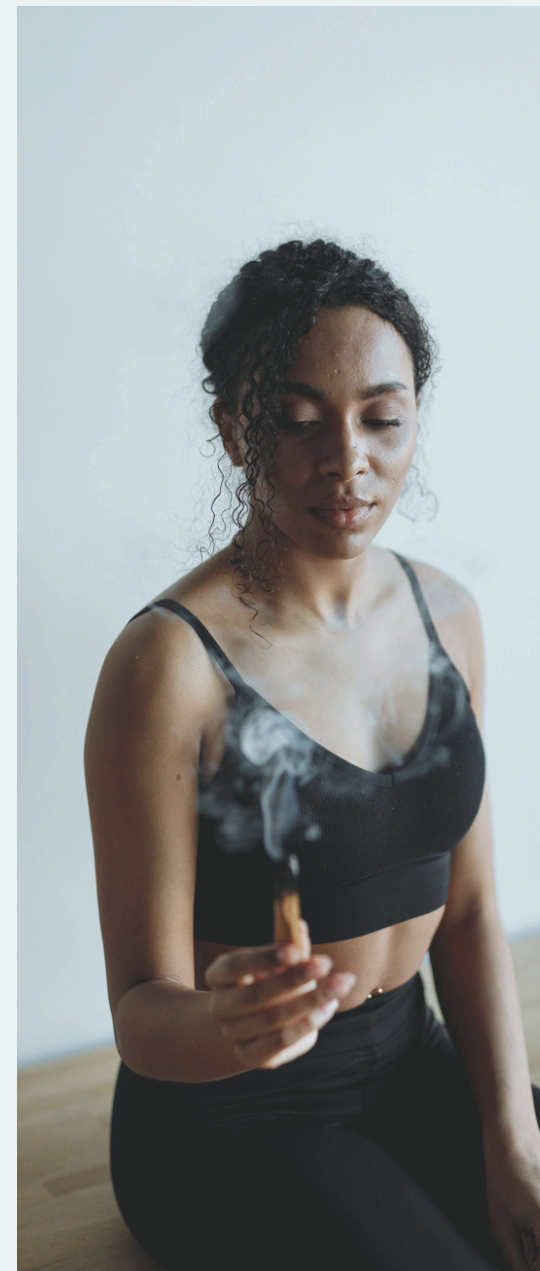
Mindfulness practices to support our mental health.

**WELLNESS TIP**

Create mini-mindful moments throughout each day. Pause for 3 deep breaths, repeat your affirmations, or observe your senses.

**MINDFUL MOMENT**

Body scan meditation helps to bring for attention to your inner landscape and release your mind from the racing thoughts.



**MINDFULNESS & MENTAL HEALTH**

# JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 World Environment Day	6	7
8	9	10	11	12	13 Full Moon in Sagittarius	14 World Blood Donor Day
15 Father's Day	16	17 Dragon Boat Festival	18	19 Juneteenth National Independence Day	20	21 International Yoga Day
22	23	24	25	26	27 New Moon in Cancer	28
29	30					

## INTENTION

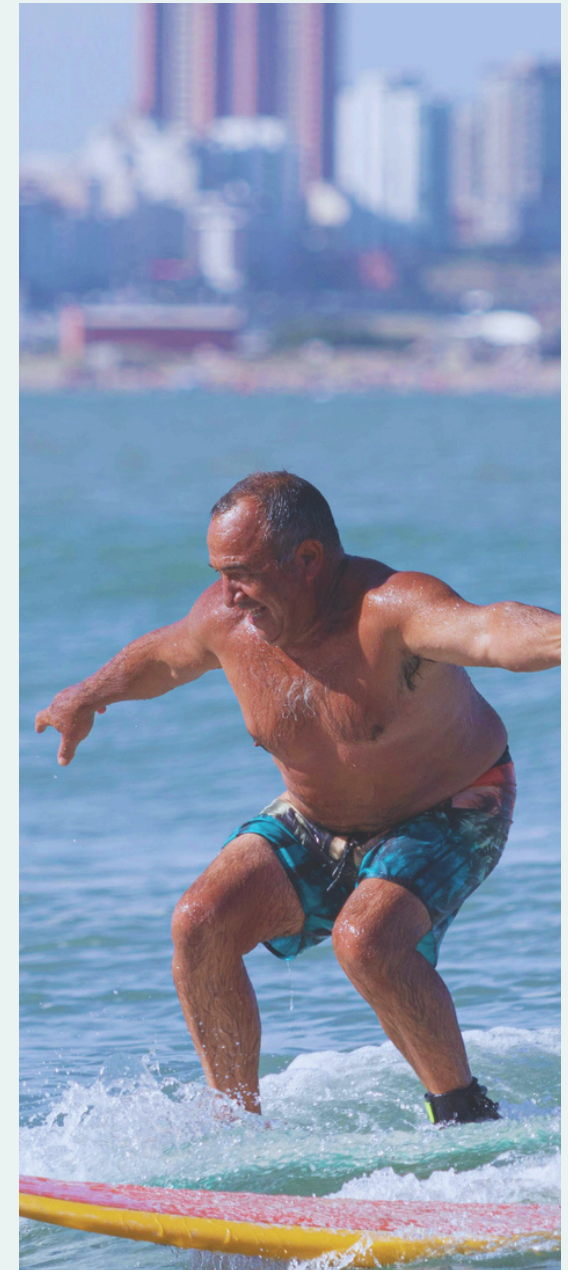
Challenge yourself to spend more time outside than you do inside. Soak up the sun setting later in the day.

## WELLNESS TIP

Take yourself to the ocean or to a lake. Enjoy sometime in nature's watering holes.

## MINDFUL MOMENT

Take care of your skin. Protect it from over exposure to the sun and keep it hydrated.



CONNECTION WITH NATURE & THE OUTDOORS

# JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 🇨🇦 Canada Day	2	3	4 🇺🇸 Independence Day	5
6	7	8	9	10	11	12 🌕 Full Moon in Capricorn
13 Father's Day	14 Bastille Day	15	16	17	18	19
20	21	22	23	24	25	26 🌑 New Moon in Leo
27	28 World Hepatitis Day	29	30	31		

**INTENTION**  
**WELLNESS TIP**

Learn to sit. Learn to be. Learn to meditate.  
We love meditation apps. They are easy to access and gamify the experience to make it beneficial and fun.

**MINDFUL MOMENT**

Set a timer for 5 minutes. Find a comfortable position and pause to focus entirely on the experience of breathing



SUMMER FUN AND SUNSHINE



# AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 World Breastfeeding Week Begins	2
3	4	5	6	7 World Breastfeeding Week Ends	8	9 National Day of Singapore
10 ● Full Moon in Aquarius Supermoon	11	12	13	14	15 Assumption of Mary	16
17	18	19 World Humanitarian Day	20	21	22	23
24 ● New Moon in Virgo	25	26	27	28	29	30
31						

## INTENTION

## WELLNESS TIP

## MINDFUL MOMENT

Get your digital and physical planner dialed in.

Cultivate a deeper relationship with journaling.

Maybe you crave more structure in your routine. Start waking up 5 minutes earlier and fill that time with a mindfulness practice, like journaling.



SNYCING INTO NEW HABITS & ROUTINES

# SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day	2	3	4	5	6
7	8	9 Full Moon in Pisces	10 World Suicide Prevention Day	11	12	13
14	15	16	17	18	19	20
21 World Alzheimer's Day	22	23 New Moon in Libra	24	25 Rosh Hashanah	26	27 Mid-Autumn Festival
28	29 World Heart Day	30				

## INTENTION

Integrating Strength and Flexibility into Your Life.

## WELLNESS TIP

Incorporate functional fitness practices that improve mobility and overall well-being.

## MINDFUL MOMENT

Alternate between strength training (bodyweight exercises, resistance bands) and flexibility work (yoga or Pilates) throughout the month.



HOLISTIC FITNESS & STRENGTH

# OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Oktoberfest Begins International Day of Older Persons	2	3	4
5 Oktoberfest Ends	6	7	8 Full Moon in Aries	9	10 World Mental Health Day	11
12	13 Columbus Day Indigenous Peoples' Day	14	15	16 World Food Day	17 International Day for the Eradication of Poverty	18
19	20	21	22	23 New Moon in Scorpio Annular Solar Eclipse	24	25
26	27	28	29	30	31 Halloween	

**INTENTION**

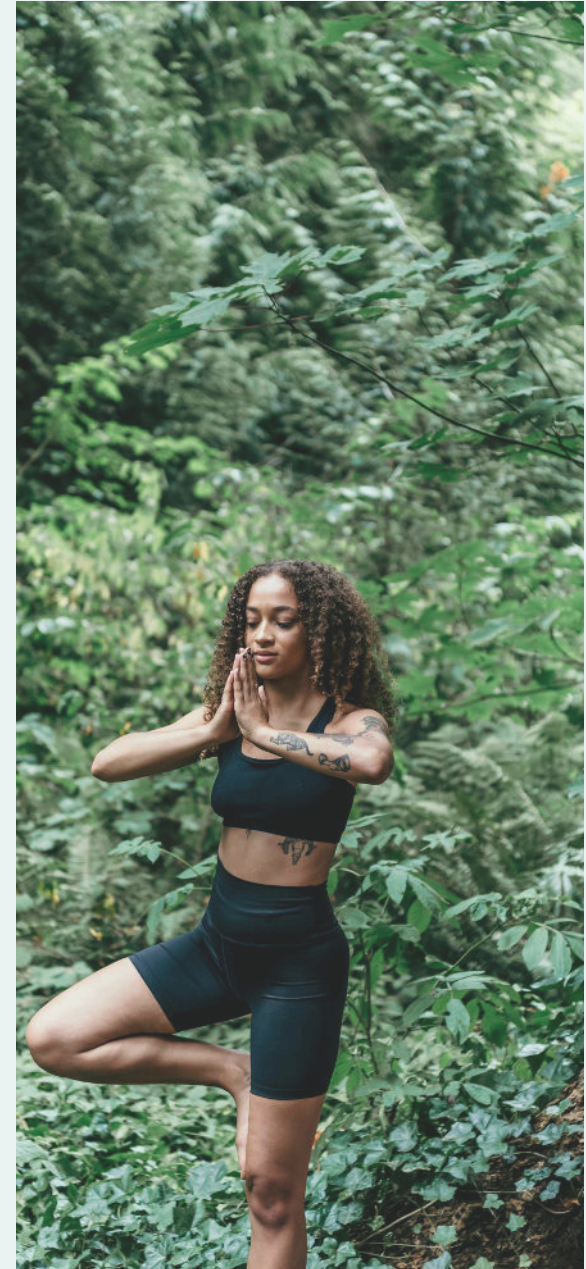
Mental Clarity, Cleansing, and Resetting.

**WELLNESS TIP**

Engage in a mental detox—reduce distractions, clear out physical clutter, and practice digital detox days.

**MINDFUL MOMENT**

Perform a 3-day cleanse or reduce processed foods and sugar intake to reset your system.



DETOXIFYING MIND AND BODY

# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 All Saints' Day
2	3	4	5	6	7 Full Moon in Taurus Penumbral Lunar Eclipse	8
9	10	11 Veterans Day	12	13	14 World Diabetes Day	15
16	17	18	19	20 Universal Children's Day	21 New Moon in Sagittarius	22
23	24	25	26	27 Thanksgiving Day	28	29
30						

**INTENTION**

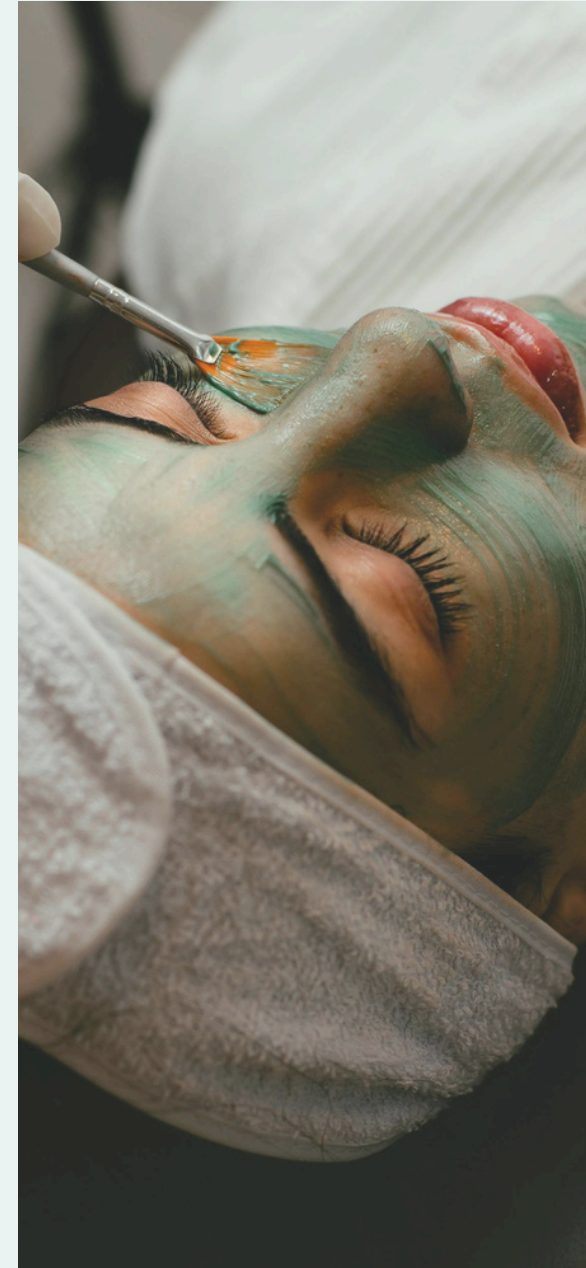
Self-Care, Compassion, and Emotional Wellness.

**WELLNESS TIP**

Schedule regular "self-care" days for deep relaxation and self-compassion practices like aromatherapy or massages.

**MINDFUL MOMENT**

Do something loving for yourself every day—whether it's a relaxing bath, reading a book, or simply taking time for a little walk outdoors.



**HOLISTIC SELF-CARE & LOVE**

# DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1 World AIDS Day	2	3 International Day of Persons with Disabilities	4	5	6
7 Full Moon in Gemini	8	9	10 Human Rights Day	11	12	13
14	15	16	17	18	19	20 New Moon in Capricorn
21	22	23	24	25 Christmas Day	26 Boxing Day	27
28	29	30	31			

**INTENTION**

Reflection, Closure, and Renewal for the New Year.

**WELLNESS TIP**

Reflect on the year's experiences with gratitude and forgiveness. Journal about your growth.

**MINDFUL MOMENT**

Perform a year-end "clearing" ritual—delete unused files, clean your space, and let go of physical and mental clutter.



REFLECTION, GRATITUDE, AND RENEWAL



Thank you for being with us! We celebrate your dedication to improving your health and well-being. By embracing these themes into your life, you're creating a fulfilling path toward holistic wellness.  
Cheers to a year of growth and self-discovery together!



Calender

# 2025