

FRIDAY FUN

*Calories Don't Count  
When You Drink With A*



**DIET TIAN**



S A T U R D A Y F U N

**Your gut is not  
Las Vegas. What  
happens in the  
gut does not stay  
in the gut.**

F R I D A Y F U N

# KAPHAS DURING QUARANTINE

- Face Timing Everyone they know.
- Feeling all the Feels—not sure which are Even theirs.
- Instagramming their New Recipe.
- Finally, not feeling Shamed for wanting to Stay Home all the Time.
- Reorganizing Shelves.
- Realizes their Ideal Lifestyle is called Quarantine.

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# VATAS DURING QUARANTINE

- Dancing around the Room.
- Desperately wanting to Book a Flight somewhere.
- Super Excited the Awakening is Finally Happening.
- Super Anxious they can't Leave the House.
- Sending Spiritual memes to Friends.
- Deciding what they really want to do with their Lives



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# PITTAS DURING QUARANTINE

- Wondering how people are bored when they're working even more than they normally do.
- Building a makeshift Gym.
- Making a pro and con list.
- Figuring out where the economy is going.
- Changing their marketing.
- Using this as a time to get ahead.

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**INSTRUCTORS  
WHO SAY  
"LAST ONE"  
ARE THE  
REASON I HAVE  
TRUST ISSUES.**



FRIDAY FUN

A LITTLE NAUGHTY,  
A LITTLE NICE.  
IT'S ALL ABOUT  
BALANCE.

