

THEOBALD FOX PRESENTS

JANUARY 2020

#JANUARY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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|--|--|--|--|---|--|---|
| 29 | 30 | 31 | 1 Be sure to see the first sunrise of 2020  | 2 Teach yourself a new skill - Japanese calligraphy | 3 First Friday - time for a little Japanese gin | 4 Time to forest bathe. Enjoy 10 minutes of peace in your local park |
| 5 Take time to relax with 15 minutes of meditation  | 6 Taian - the first lucky day of 2020. Make the most of it! | 7 Look after your body with some healthy food today!  | 8 Get together with friends and enjoy a game of badminton | 9 Tidy time - declutter a room or two in your house | 10 Friday treat - have a relaxing bath with yuzu oil  | 11 Pamper yourself with a facemask, the quirkiest the better |
| 12 Another lucky day - decide on that tough decision or buy a lottery ticket | 13 If you're 20 years old, today celebrates you (otherwise write a letter to your 20 year old self) | 14 Set your alarm 15 minutes early for some morning meditation | 15 Look after your eyes with a warming eye mask to soothe your worries | 16 Kick start your day with a healthy miso soup  | 17 Channel your energy and take part in a local karate class | 18 Lucky day again - you know what to do!  |
| 19 It's Hanami - enjoy the winter blooms in your local park | 20 Get creative and practice making origami!  | 21 Climb a hill and reward yourself with hot sake at the top | 22 Try a new Japanese soba noodle recipe  | 23 Another day to declutter those unwanted items from your house | 24 Taian Lucky Friday - make the most of it | 25 Try a Japanese whisky today, you're smashing Japanuary |
| 26 The power of nature. Enjoy a second day of forest bathing | 27 Have a go at a meat-free Monday | 28 Take five minutes for yourself, find a quiet spot to enjoy a green tea | 29 Wear your best, in support of sustainable fashion! | 30 Today is the day to plan your February ambitions | 31 Japanuary is complete so enjoy a sake. Congratulations! | 1  |



TOKYU HOTELS

