



natural
awakenings

2026 Editorial Calendar

January
**Whole-Person
Health & Wellness**

February
Nurture the Heart

March
Nourish & Flourish

April
Sustainable Together

May
Vitality Her Way

June
Men Built To Thrive

July
**Good Vibes,
Great Outdoors**

August
**Building Healthy
Foundations**

September
Inner Balance

October
How Healing Works

November
Rooted in Gratitude

December
Living Generously