






OCTOBER: MEDITATION

#letsmeditate

M	Tu	W	Th	Fr	Sa/Su
	<i>Let's meditate!</i>	1 Silent 05:00	2 Silent 05:00 <i>Focus on breath</i>	3 Silent 05:00	4 Silent 05:00 
6 Mantra 05:00	7 Mantra 05:00	8 Mantra 05:00 <i>Ohmmm</i>	9 Mantra 05:00 	10 Mantra 05:00 <i>Enjoy the calm</i>	11 Mantra 05:00
13  Music 05:00	14 Music 05:00 <i>Breathe in Breathe out</i>	15 Music 05:00	16 Music 05:00	17 Music 05:00	18 Music 05:00 <i>Relax</i>
20 Guided 05:00 <i>Be present</i>	21 Guided 05:00	22 Guided 05:00 	23 Guided 05:00	24 Guided 05:00 <i>Just breathe</i>	25 Guided 05:00
27 Silent 05:00	28 Silent 05:00 <i>Stillness</i>	29 Silent 05:00	30 Silent 05:00 <i>No stress!</i>	31 Silent 05:00	<i>Smile!</i> <i>#imagreatist</i>

NOTES
