

3 HOURS OF 3 SAGES OVER 3 WEEKS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	QUICK FIX Upper Back & Neck Release (5-min)	BREATHWORK Conscious Breathing (5-min)	WALK Visualizing Possibility (10-min)	BE STILL Beginning Your Practice (5-min)	YOGA Recharge & Rebalance (20-min)	MINDFUL BREATH Restorative Breath (5-min)	SLEEP Warm Embrace (10-min)
2	QUICK FIX Happy Hips (5-min)	BREATHWORK Recovery Breathing (5-min)	WALK Breathing In The World (10-min)	BE STILL Confidence Meditation (5-min)	YOGA Vibrancy & Strength (20-min)	MINDFUL BREATH Your Heart Knows Best (5-min)	SLEEP Relax Into Deep Rest (10-min)
3	QUICK FIX Full Body Release (5-min)	BREATHWORK Box Breathing (5-min)	WALK Coming Home To The Body (10-min)	BE STILL Healing The Heart (5-min)	YOGA Divine Flow (20-min)	MINDFUL BREATH Yes You Can Do It (5-min)	SLEEP An Open Garden Of Possibility (10-min)