

15 - 30 MINS DAILY

DAY 1

- welcome video
- journaling
- everyday mindfulness

DAY 5

- everyday mindfulness
- mini meditation

DAY 2

- everyday mindfulness
- mini meditation

DAY 6

- everyday mindfulness
- longer meditation

DAY 3

- everyday mindfulness
- longer meditation

DAY 7

- everyday mindfulness
- yoga

DAY 4

- everyday mindfulness
- yoga

JNW

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