

meditation



30-DAY CHALLENGE © darebee.com

1 5 minutes meditation	2 1-minute Equal Breathing + 5min meditation	3 Backup & Restore Workout + 5min meditation	4 5 minutes meditation + OM mantra	5 5 minutes meditation
6 1-minute Equal Breathing + 5min meditation	7 Backup & Restore Workout + 5min meditation	8 5 minutes meditation	9 5 minutes meditation + OM mantra	10 1-minute Equal Breathing + 5min meditation
11 Backup & Restore Workout + 10min meditation	12 10 minutes meditation	13 10 minutes meditation + OM mantra	14 1-minute Equal Breathing + 10min meditation	15 Backup & Restore Workout + 10min meditation
16 10 minutes meditation	17 10 minutes meditation + OM mantra	18 1-minute Equal Breathing + 10min meditation	19 Backup & Restore Workout + 10min meditation	20 10 minutes meditation
21 15 minutes meditation + OM mantra	22 1-minute Equal Breathing + 15min meditation	23 Backup & Restore Workout + 15min meditation	24 15 minutes meditation	25 15 minutes meditation + OM mantra
26 1-minute Equal Breathing + 15min meditation	27 Backup & Restore Workout + 15min meditation	28 15 minutes meditation	29 15 minutes meditation + OM mantra	30 20 minutes meditation