



21 Days of Guided Creative Practice

MINDFUL MINOSET - BREATH - BODY



<p><u>Day 1</u> EASE</p> <p>YOGA BREATH CIRCLE IT</p>	<p><u>Day 2</u> BALANCE</p> <p>HO, HOW, HAWAII 6 BALANCE POINTS</p>	<p><u>Day 3</u> FLEXIBLE</p> <p>WINDING ARMS & HANDS</p>	<p><u>Day 4</u> RESONATE</p> <p>FINGER BREATHS SHAKE IT</p>	<p><u>Day 5</u> R & R</p> <p>NOTICE BREATH ALEX. REST</p>	<p><u>Day 6</u> CLARITY</p> <p>BREATH BUILDER TAKE A WALK</p>	<p><u>Day 7</u> PLAY</p> <p>SWINGING AHH DANCE</p>
<p><u>Day 8</u> PRESENT</p> <p>BREATHING BAG ON THE BALL</p>	<p><u>Day 9</u> COLORFUL</p> <p>G & L BREATH FLEXIBLE SPINE</p>	<p><u>Day 10</u> GROOVE</p> <p>ENERGIZING MOVE W/DRUMS</p>	<p><u>Day 11</u> IMPERFECT</p> <p>AGAINST THE WALL ON THE FLOOR</p>	<p><u>Day 12</u> CURIOS</p> <p>NOSE BREATHING NATURE/CITY WALK</p>	<p><u>Day 13</u> CREATIVE</p> <p>BREATH FRAGRANCE CREATIVE MVT</p>	<p><u>Day 14</u> FREE</p> <p>EBB & FLOW FREE MVT</p>
<p><u>Day 15</u> GRATITUDE</p> <p>GRATITUDE BREATH GRATITUDE YOGA</p>	<p><u>Day 16</u> HEART</p> <p>FOLDING BREATH HEART YOGA</p>	<p><u>Day 17</u> INSPIRE</p> <p>AHH & SHOULDERS INNER YOGA</p>	<p><u>Day 18</u> GRIT</p> <p>PAPER ON THE WALL STANDING YOGA</p>	<p><u>Day 19</u> TRANSFORM</p> <p>MILLION DOLLAR YOGA SEQUENCE</p>	<p><u>Day 20</u> HUMOR</p> <p>VOCAL BREATHS LAUGHTER YOGA</p>	<p><u>Day 21</u> JOY</p> <p>BREATH OF JOY JOYFUL YOGA</p>