



21-DAY MAGICAL MORNING JOURNEY

MON	TUE	WED	THU	FRI	SAT	SUN
Day 1 <u>Start Your Day Being At Ease 23 Min.</u>	Day 2 <u>Ready For The Day 15 Min.</u>	Day 3 <u>Gentle And Relaxed Morning 19 Min.</u>	Day 4 <u>Wake Up Feeling Grounded & Focused 25 Min.</u>	Day 5 <u>Morning Yoga To Feel Good 23 Min.</u>	Day 6 <u>Energized in 21 Minutes</u>	Day 7 <u>Feel Good 15 Min.</u>
Day 8 <u>Wake-Up 19 Min.</u>	Day 9 <u>Bring Back The Ease 26 MIN.</u>	Day 10 <u>Start Your Day Being At Ease 17 Min.</u>	Day 11 <u>Happy Hips 28 Min.</u>	Day 12 <u>Connect With your Body 22 Min.</u>	Day 13 <u>Balance And Stability 26 Min.</u>	Day 14 <u>Start Your Day Upright 23 Min.</u>
Day 15 <u>Deep Yoga Stretch 15 Min.</u>	Day 16 <u>Sun Salutations 29 Min.</u>	Day 17 <u>Kickstart Your Day 23 Min.</u>	Day 18 <u>Calm And Centred 21 Min.</u>	Day 19 <u>Yoga Energizer 31 Min.</u>	Day 20 <u>Feel balanced 19 Min.</u>	Day 21 <u>Morning Warrior 28 Min.</u>