

ZEN

DAREBEE

ZEN

Day 1

© darebee.com

Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 2

© darebee.com



10 minutes

meditation

ZEN

Day 3

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



ZEN

Day 4

© darebee.com



10 minutes

meditation

ZEN

Day 5

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Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 6

© darebee.com



10 minutes

meditation

ZEN

Day 7

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

1



2



3



4



5



6



ZEN

Day 8

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10 minutes

meditation

ZEN

Day 9

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Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 10

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15 minutes

meditation

ZEN

Day 11

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Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

1



2



3



4



5



6



ZEN

Day 12

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15 minutes

meditation

ZEN

Day 13

© darebee.com

Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 14

© darebee.com



15 minutes

meditation

ZEN

Day 15

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.

1



2



3



4



5



6



ZEN

Day 16

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15 minutes

meditation

ZEN

Day 17

© darebee.com

Hold each pose for 60 seconds then move on to the next one.



ZEN

Day 18

© darebee.com



15 minutes

meditation

ZEN

Day 19

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



ZEN

Day 20

© darebee.com



20 minutes

meditation

ZEN

Day 21

© darebee.com

Hold each pose for 60 seconds then move on to the next one.



ZEN

Day 22

© darebee.com



20 minutes

meditation

ZEN

Day 23

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



ZEN

Day 24

© darebee.com



20 minutes

meditation

ZEN

Day 25

© darebee.com

Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 26

© darebee.com



20 minutes

meditation

ZEN

Day 27

© darebee.com

Hold each pose for 60 seconds then move on to the next one.
Repeat the sequence again on the other side.



ZEN

Day 28

© darebee.com



20 minutes

meditation

ZEN

Day 29

© darebee.com

Hold each pose for 60 seconds then move on to the next one.

1



2



3



4



5



6



ZEN

Day 30

© darebee.com



20 minutes

meditation