

# meditation



30-DAY CHALLENGE

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