

# ZEN

by DAREBEE

# ZEN

Day 1

© [darebee.com](http://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](http://darebee.com)



**10 minutes**

meditation

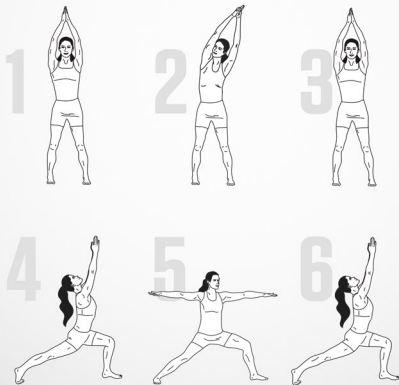
# ZEN

Day 3

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Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



# ZEN

Day 4

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**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

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**10 minutes**

meditation

# ZEN

Day 7

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Hold each pose for 30 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.



# ZEN

Day 12

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**15 minutes**

meditation

# ZEN

Day 13

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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 14

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**15 minutes**

meditation

# ZEN

Day 15

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Hold each pose for 30 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

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



# ZEN

Day 18

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**15 minutes**

meditation

# ZEN

Day 19

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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 20

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**20 minutes**

meditation

# ZEN

Day 21

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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 22

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**20 minutes**

meditation

# ZEN

Day 23

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Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.

1



2



3



4



5



6





# ZEN

Day 24

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**20 minutes**

meditation

# ZEN

Day 25

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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 26

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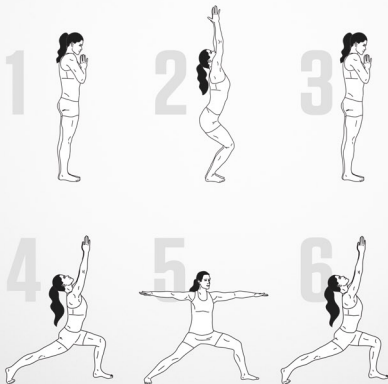
**20 minutes**  
meditation

# ZEN

Day 27

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Hold each pose for 30 seconds then move on to the next one.  
Repeat the sequence again on the other side.



# ZEN

Day 28

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**20 minutes**  
meditation

# ZEN

Day 29

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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 30

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**20 minutes**  
meditation