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| Date:   * STOP * Body scan. * 40 Minute seated meditation with focus on the breath |  |
| Date:   * STOP * Body scan. * 40 Minute seated meditation with focus on the breath. |  |
| Date:   * S.T.O.P. * Body scan. * 40 Minute seated meditation. |  |
| Date:   * S.T.O.P. * Body scan. * 40 Minute seated meditation. |  |
| Date:   * S.T.O.P. * Body scan. * 40 Minute seated meditation.   Date:   * S.T.O.P. * Body scan. * 40 Minute seated meditation. |  |
| Date:   * S.T.O.P. * Body scan. * 40 Minute seated meditation. |  |