



9:41



## library

good morning, Mi'ena

### morning

- wake-up and breathe 30 secs
- daily affirmation meditation 5 min
- destress meditation 10 min
- motivation meditation 8 min

### afternoon

- focused breathing exercise 3 min

### night

- unwind and refresh 1 min
- relaxation meditation 10 min
- sleeping meditation 1 hr

