

Mindfulness Meditation Challenge

1 Meditate for
1min

2 Meditate for
2mins

3 Meditate for
2mins

4 Meditate for
2mins

5 Meditate for
5mins

6 Meditate for
5mins

7 Meditate for
5mins

8 Meditate for
5mins

9 Meditate for
10mins

10 Meditate for
10 mins

11 Meditate for
10 mins

12 Meditate for
15 mins

13 Meditate for
15 mins

14 Meditate for
20 mins

**YAY! ALL
DONE!**

YOU ARE AMAZING!

