

March Meditation Challenge

10 minutes a day for your heart and mind...



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						