APRIL 2022.DAILY BREATHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
listen	notice	sense	be	1 begin 5 minutes	2	3
4	5	6	7	8	9 add 5 minutes	10
11	12	13	14	15	16 add 5 minutes	17
18	19	20	21	22	23 add 5 minutes	24
25	26	27	28	29	30 begin again	

notes on life as is

our living practice

.exhalelove.