

WEEK THREE

CONNECTING TO SELF: BEING PRESENT IN THE BODY



AWAKE (10-15 MINUTES)
CHECK-IN
INTRODUCTION



AWARE (10-15 MINUTES)
THE WHY
JOURNAL



ALIVE (10-15 MINUTES)
MOVEMENT EXERCISES



ABIDE (10-15 MINUTES)
BODY PRAYERS



ARISE (5-10 MINUTES)
REVIEW HOME PRACTICES
CLOSING BLESSING