Mindful Mountain Movement & Meditation, LLC

**mmmmonline.com**

**MONDAY: 6:00 AM Half Hour wakeup warmup**

**MONDAY: 7:30 AM Hour Warmup and Gentle Stretching**

**TUESDAY: 6:00 AM Half Hour Warmup**

**TUESDAY: 6:30 PM Hour Gentle stretches**

**WEDNESDAY: 6:00 AM Half Hour Warmup**

**WEDNESDAY: 7:30 AM Hour Warmup and Gentle Stretching**

**THURSDAY: 6:00 AM Half Hour Warmup**

**THURSDAY: 6:30 PM Hour gentle stretches**

**FRIDAY: 6:00 AM Half Hour wakeup warmup**

**FRIDAY: 7:30 AM Hour Warmup and Gentle Stretching**

**SATURDAY: 7:30 AM Hour Warmup and Gentle Stretching**

**Mindful Movement:**

*Breath- inhale and exhale in every move.*

*Find your length/depth of stretch* ***in your body*** *as you move.*

*Learn to focus on your body- shall you befriend it?*

*Watching your thoughts and feelings without judgement*

*Notice your choices-*

*Choose your Truth now.*

*Practice BEING present NOW.*