meditation momma™

HMTT-3 Spring Summer 2022

MEDITATION LOG

I will meditate only as long as it is enjoyable to me!

MARCH	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pranayama																
Meditation																

APRIL	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Pranayama																
Meditation																

MAY	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pranayama																
Meditation																

JUNE	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Pranayama																
Meditation																

JULY	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pranayama																
Meditation																

AUGUST	1	2	3	4	5	6	7	8	9	10	1	12	13	14	15	16
Pranayama																
Meditation																
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pranayama																
Meditation																