

# 10 MINUTE MEDICINE

THESE ARE YOUR 10 MINUTE MEDICINE IDEAS TO USE WHENEVER YOU FEEL STRESSED, OUT OF BALANCE, OR IN NEED OF CHECKING IN WITH YOUR DIVINE SELF. NOT ALL OR ANY FOR THAT MATTER NEED TO BE DONE IN 10 MINUTES. IT'S JUST A SUGGESTED TIME TO HELP YOU NOT FEEL SO OVERWHELMED AND TO REALIZE A FEW MINUTES TO RECENTER CAN GO A LONG WAY DURING A HECTIC DAY.

