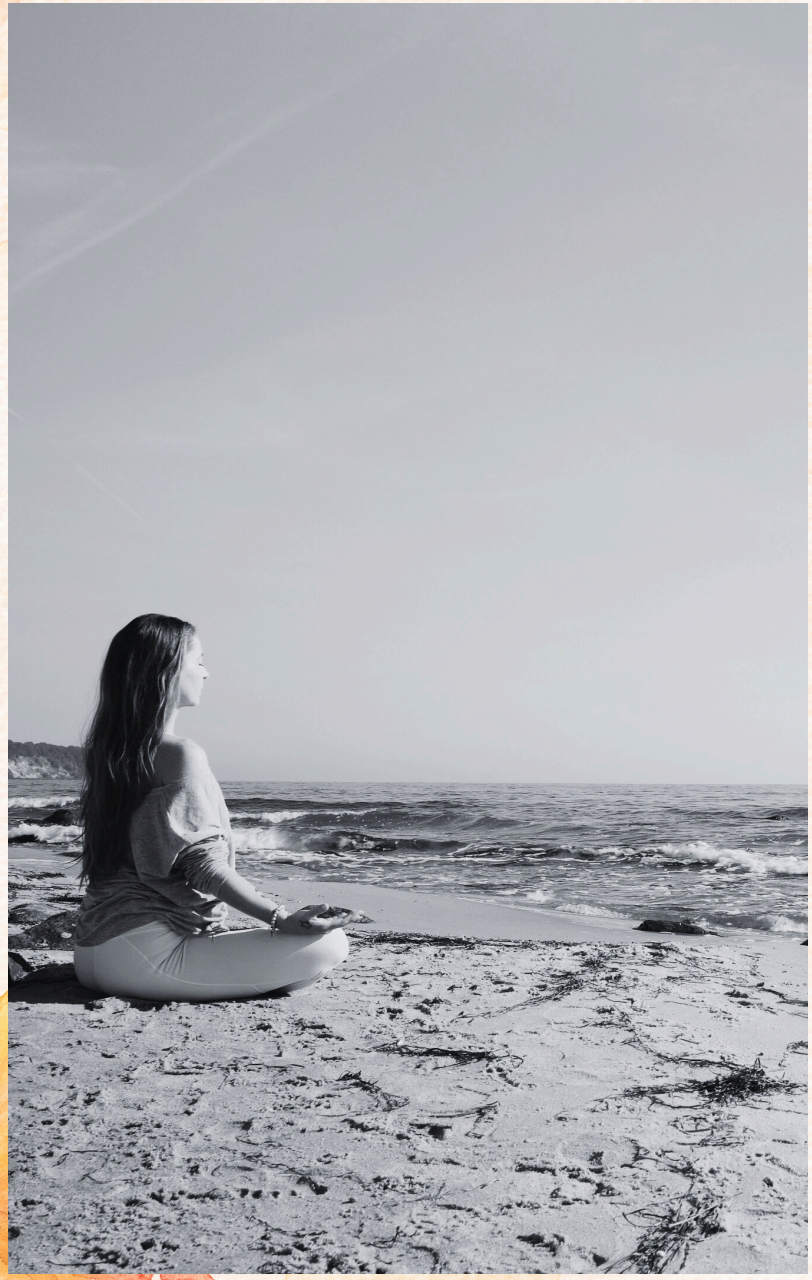


OCTOBER

I AM SLOWING DOWN

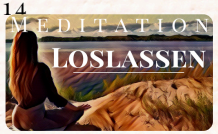
MEINE INTENTION

WAS DARF LANGSAMER WERDEN?

OCTOBER YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13 NEW
14	15	16	17	18	19	20
21	22	23	24	25	26	27 NEW
28	29	30	31			

OCTOBER MEDITATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6 NEW
7	8	9	10	11	12	13
14 	15	16	17	18	19	20 NEW
21	22	23	24	25	26	27
28	29	30	31			

Was habe ich diesen Monat über mich gelernt?

Was darf bleiben?

Was darf noch entstehen?