



2022

MY MINDFUL YEAR





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MY MONTHLY EXERCISE

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February



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MY MONTHLY EXERCISE





March



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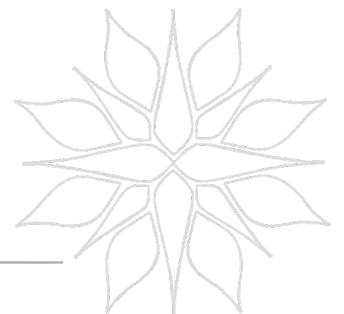
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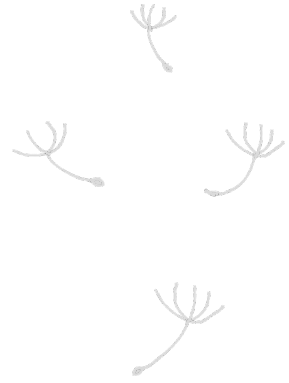
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MY MONTHLY EXERCISE





April



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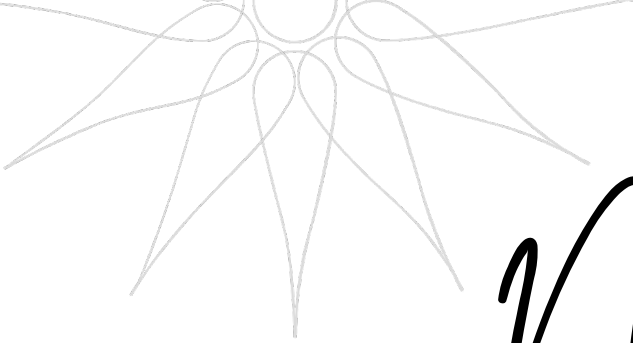
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MY MONTHLY EXERCISE





May

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MY MONTHLY EXERCISE





June

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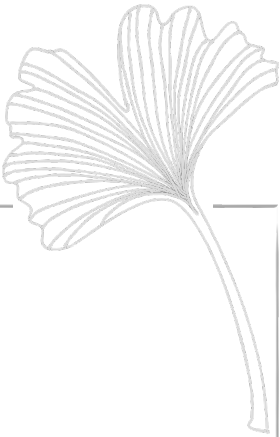
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MY MONTHLY EXERCISE





July

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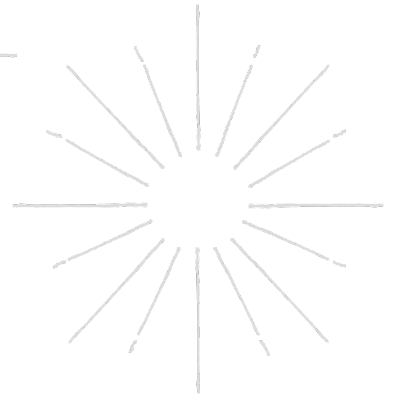
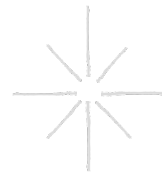
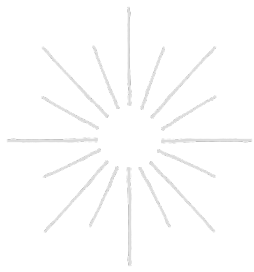
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MY MONTHLY EXERCISE





August

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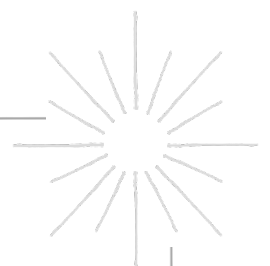
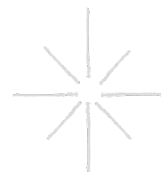
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MY MONTHLY EXERCISE



September



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MY MONTHLY EXERCISE





October



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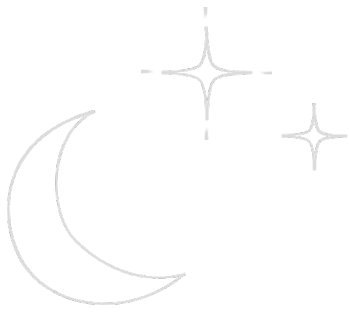
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MY MONTHLY EXERCISE





November

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MY MONTHLY EXERCISE

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December

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MY MONTHLY EXERCISE

