

My schedule - "3 Day Mummy Home Retreat".

	Wake and shine	Morning routine post school drop off, when baby sleeps	Lunch Cleanse	Afternoon Flow	Evening Stillness (NO PHONE)
Wednesday 5th of Feb	<ol style="list-style-type: none"> 1. Cold-hot-cold shower 2. 10 breaths in each different temperature. 3. Run with my girls at 6.45am before school drop off. 4. Green prebiotic drink 	<ol style="list-style-type: none"> 1. Face mask, stillness for 20mins. 2. Yoga with Adriene on TV/laptop 3. Wildcraft Dispensary Breathe Tea - for lung health (thanks smoke) 	<ol style="list-style-type: none"> 1. Salad with avocado, salmon, haloumi and lots of greens 2. Wildcraft Dispensary Breathe Tea - for lung health 	<ol style="list-style-type: none"> 1. Afternoon ergo hike with baby. 2. Write article when baby sleeps; or sleep myself! 3. Wildcraft Dispensary Breathe Tea - for lung health 	<p>9pm: LIVE Meditation with Dee Brennan from Thinkoutloud</p>
Thursday 6th of Feb	<ol style="list-style-type: none"> 1. Cold-hot-cold shower 2. 10 breaths in each different temperature. 3. Green prebiotic drink 	<ol style="list-style-type: none"> 1. Home Face mask, stillness for 20mins. 2. Yoga with Adriene on TV/laptop. 3. Wildcraft Dispensary Breathe Tea - for lung health 	<ol style="list-style-type: none"> 1. Salad with avocado, salmon, haloumi and lots of greens. 2. Wildcraft Dispensary Breathe Tea - for lung health 	<ol style="list-style-type: none"> 1. Afternoon ergo hike with baby. 2. Finish article when baby sleeps; or sleep myself! 3. Wildcraft Dispensary Breathe Tea - for lung health 	<p>Replay Dee's meditation from Wednesday night</p>
Friday 7th of Feb	<ol style="list-style-type: none"> 1. Cold-hot-cold shower 2. 10 breaths in each different temperature. 3. Green prebiotic drink 4. Wildcraft Dispensary Breathe Tea - for lung health 	<p>Hydrolates class at 11am</p>	<ol style="list-style-type: none"> 1. Salad at The Goods Wholefoods 2. Wildcraft Dispensary Breathe Tea - for lung health 	<ol style="list-style-type: none"> 1. 1pm: Facial with The Body Temple 2. Sleep when baby sleeps 	<ol style="list-style-type: none"> 1. Thank my family for allowing me to create space for myself. 2. Replay Dee's meditation from Wednesday night

Email: kirra@capitalhydrotherapy.com.au - if you need help with your schedule.