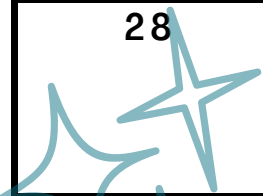



# Reset

January 2024  
Join the 7 Day Nervous System Reset Program!

S	M	T	W	T	F	S
	<b>1</b> <b>Welcome</b> Day 0 Time: 12min	<b>2</b> <b>Observe</b> Day 1 Time: 27min	<b>3</b> <b>Breathe</b> Day 2 Time: 34min	<b>4</b> <b>Thought</b> Day 3 Time: 30min	<b>5</b> <b>Feel</b> Day 4 Time: 36min	<b>6</b> <b>Present</b> Day 5 Time: 29min
<b>7</b> <b>Play</b> Day 6 Time: 31min	<b>8</b> <b>Reset</b> Day 7 Time: 33min	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Yoga for Vagus Nerve Stimulation	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 	<b>29</b>	<b>30</b>	<b>31</b>			

Subscribe to Yoga with Rachel & Turn on Bell Notifications 

**UPLOAD TIME: 6AM EST**