## BREATH COACHING BREATH JOURNAL

WWW.THEMIGRAINEYOGINI.COM

DATE						DAY	OF TH	E PR	OGRA	M
HOW A			ELINC	∋? W	HAT	'IS Y	OUR /	MOO	D AN	D
WHAT GOOD 1	IS YO					RATE 7		9	в <i>а</i> 10	AD.
BR HOW D	EAT	Ήν	<b>VOR</b>	K A	AC	CO	UN <sup>-</sup>	ΓΑΙ	BILI	TY
			-				7			A
HOW D	OID YO	U FEE	L AFT	ER?						
								(A)		
THOUG	HTS, C	DBSER	RVATIO	ONS,	ETC.	•				