

# Clear the Mind

Balance hecticness and peace. For NYC

- ☐ Monday : Yoga Practice <https://www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses/?page=1>
- ☐ Tuesday : Work Hard, Drink Water
- ☐ Wednesday : Meditation/Self Reflection <https://www.youtube.com/watch?v=cl4ryatVkkW>
- ☐ Thursday: Work Hard, Drink Water
- ☐ Friday : Yoga Practice <https://www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses/?page=1>
- ☐ Saturday : Party Hard, Drink Water
- ☐ Sunday Night : Meditation/Self Reflection <https://www.youtube.com/watch?v=cl4ryatVkkW>