

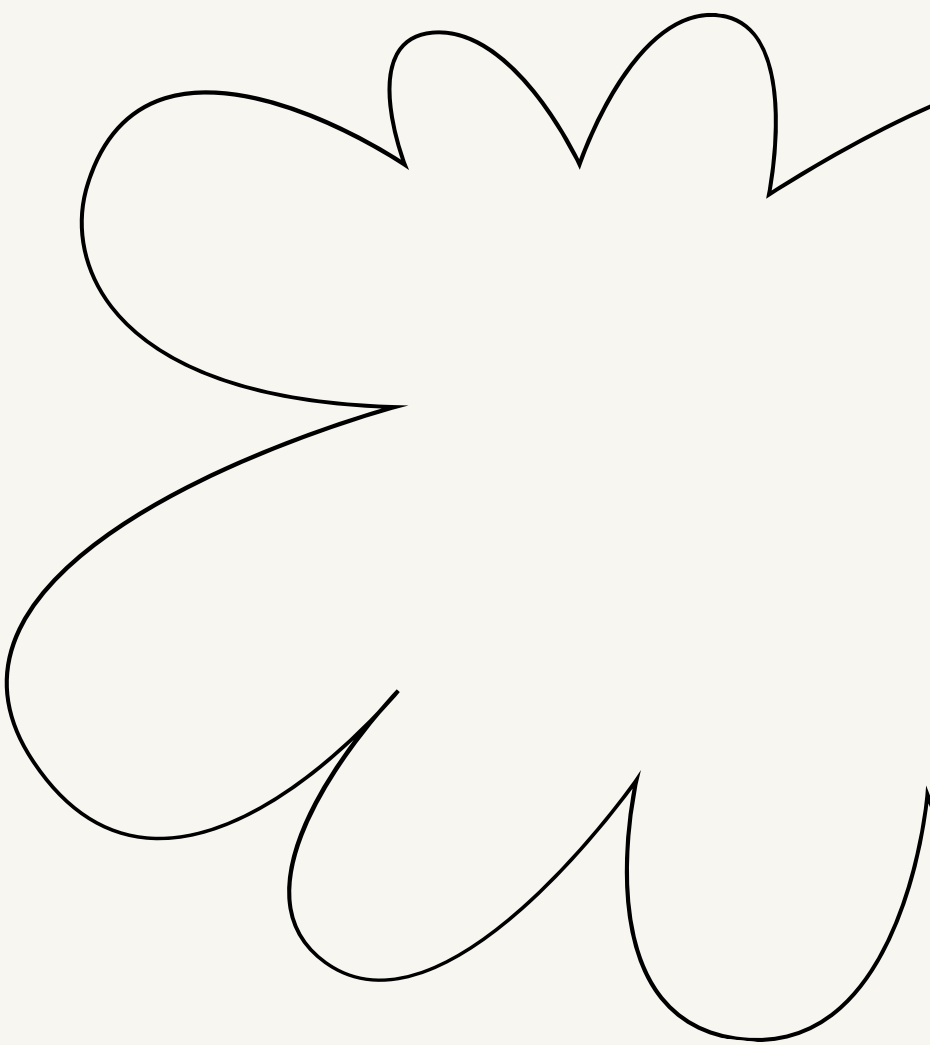
www.maryli.life

Yoga Made Simple

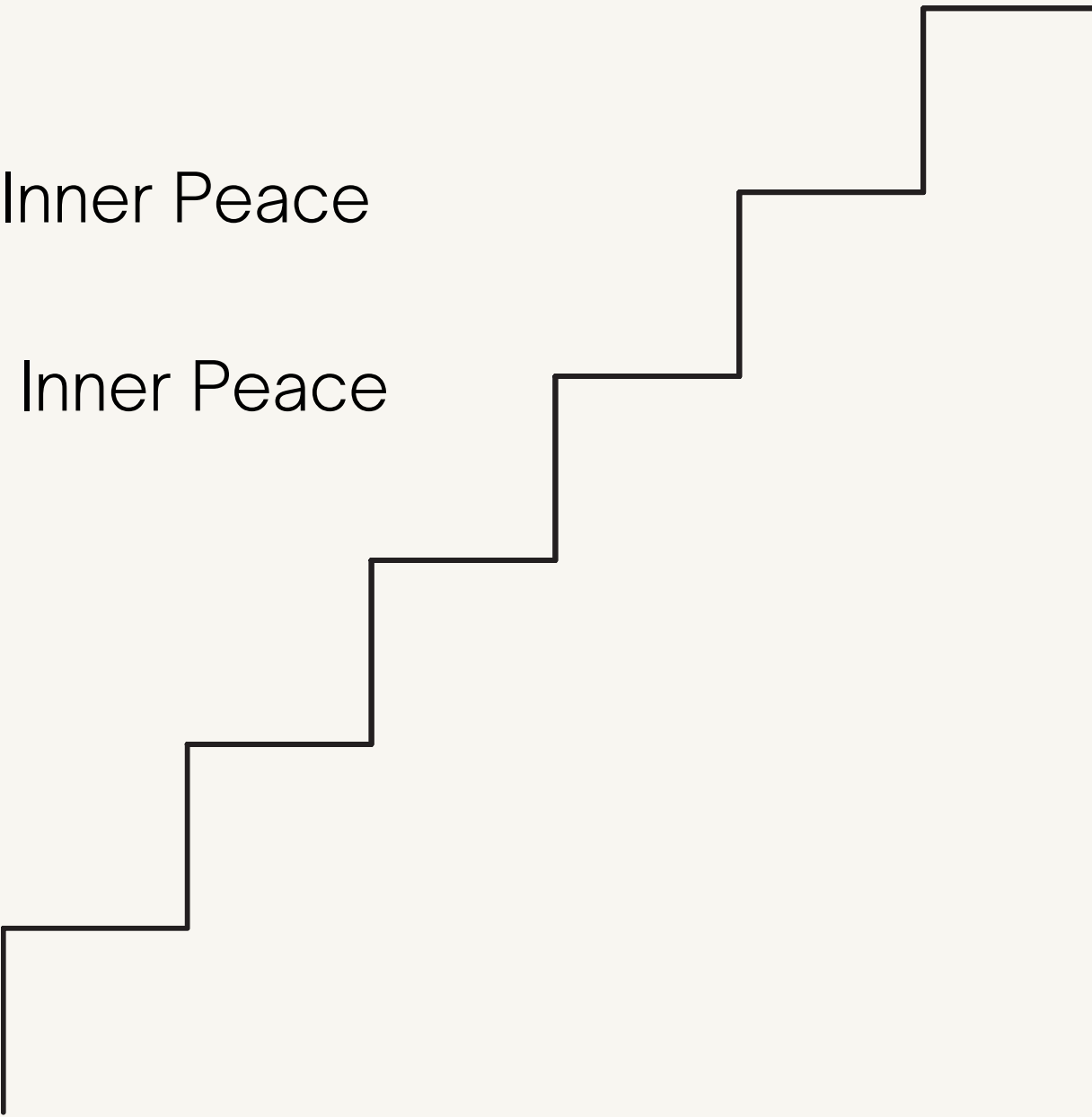
Move
Breathe
Feel Amazing

Everything you need to know about Yoga & Mindfulness to start a daily practice

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The Author



HELLO THERE! I'M MARY.

I am a forever student and an occasional teacher, endlessly curious about the depths of life. Through years of living across countries and cultures, I realize—we are all connected.

My early fascination with robotics led me to pursue a graduate degree in Computer Vision (AI). With 17-year journey in Machine Learning and Data Analytics. yet deep inside, I always knew there was more to understanding the universe than logic and equations alone.

I discovered Yoga in 1999 during my university years, but it wasn't until 2015 that I took my first steps into teacher training. By 2018, my personal healing journey through cancer revealed the profound power of yoga, inspiring me to complete 500+ hours of teacher training. Along the way, I immersed myself in the teachings of neuroscientists like Dr. Andrew Huberman and Dr. Joe Dispenza, uncovering the undeniable connection between the mind and body. Science confirmed what my own experience had already shown me—through breath, movement, and awareness, we awaken to our highest state of being.

This wasn't just knowledge; it became my own path of transformation. And as a teacher, I am deeply devoted to sharing these truths.

On March 10, 2020, at the start of the global pandemic, I founded Yoga at Home, a small circle of friends that grew into a worldwide community, reaching nearly 70,000 members at its peak. Our mission is simple yet profound: to make yoga and mindfulness accessible to all, bringing students and teachers together in a space where every soul is reminded that peace is always within reach. Over the years, I have led more than 2,000 hours of yoga and meditation sessions, guiding others toward their own healing, transformation, and inner peace.

I honor the past, embrace the present, and welcome the future with an open heart. Now, I am here to share my journey with you—so that you, too, may awaken your Inner Joy, Inner Wisdom, and Inner Peace.



Live A Healthy Life Style

Would You Like to Live a Healthy Lifestyle?

Most likely, your answer is YES! Because being physically and mentally healthy is the foundation of a fulfilling life. It shapes how we think, feel, and move through each day—influencing our energy, clarity, resilience, and even our relationships. When we prioritize our well-being, we create a life of balance, purpose, and inner peace, no matter how busy we are.

Start TODAY if you wish you had started sooner.

- What you do NOW shapes your TOMORROW.
- Instead of dwelling on what you "could have done" yesterday, focus on what you CAN do today.
- Your quality of life isn't measured by one big achievement—it's built on the small, consistent choices you make every single day.

How Can I Use These to Support My Busy Life?

If your schedule is hectic, small mindful practices can enhance your well-being without feeling like another task. Here's how:

✅ Micro-Mindfulness: Take 60 seconds to breathe deeply between meetings, focus on the breath.

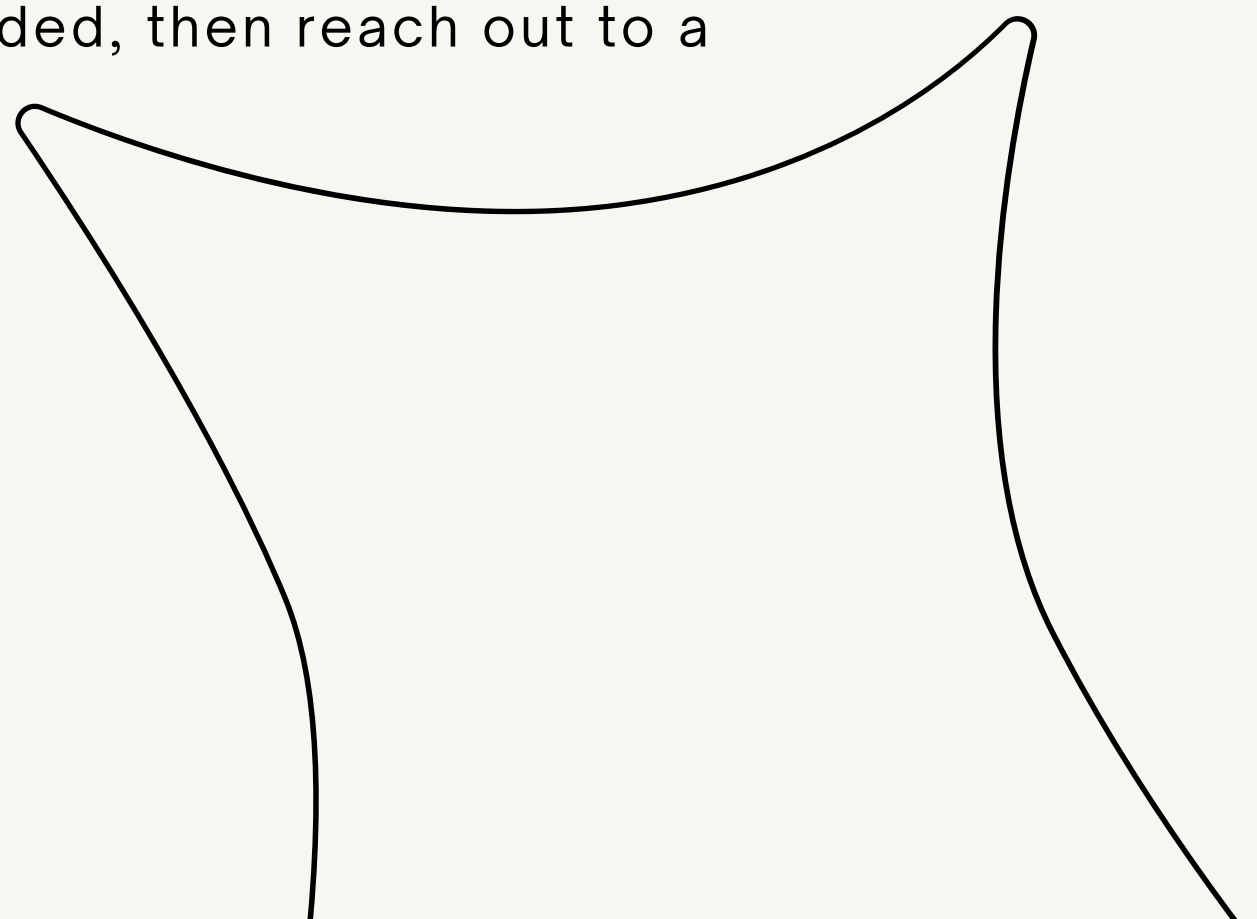
✅ Movement in Small Doses: Stretch while working or take a quick walk outside, pay attention to the sensations.

✅ Nourishment Without Stress: Choose simple, whole foods that fuel your energy, be fully aware of the taste.

✅ Quality Sleep Over Quantity: Prioritize unwinding before bed, use a guided yoga nidra meditation.

✅ Meaningful Connections: Even a short, heartfelt conversation can boost well-being, listen with full attention.

By weaving these into your routine, you don't have to "find time" for well-being—it naturally becomes part of your life. If personalized strategies based on your specific lifestyle are needed, then reach out to a professional wellness coach.



If You Have Only 3 Minutes

MORNING –

CLEAR DIRECTION AND PURPOSE

◆ 3-Minute Intention & Breathwork

- Sit comfortably, close your eyes, and take three deep breaths through the nose.
- Set a simple intention (e.g., “Today, I choose ease and clarity.”)
- Breathe naturally and feel the intention sink in.
- Move: stretch arms overhead and down to open the chest.

MIDDAY –

RE-ENERGIZE & REFOCUS

◆ 3-Minute Reset

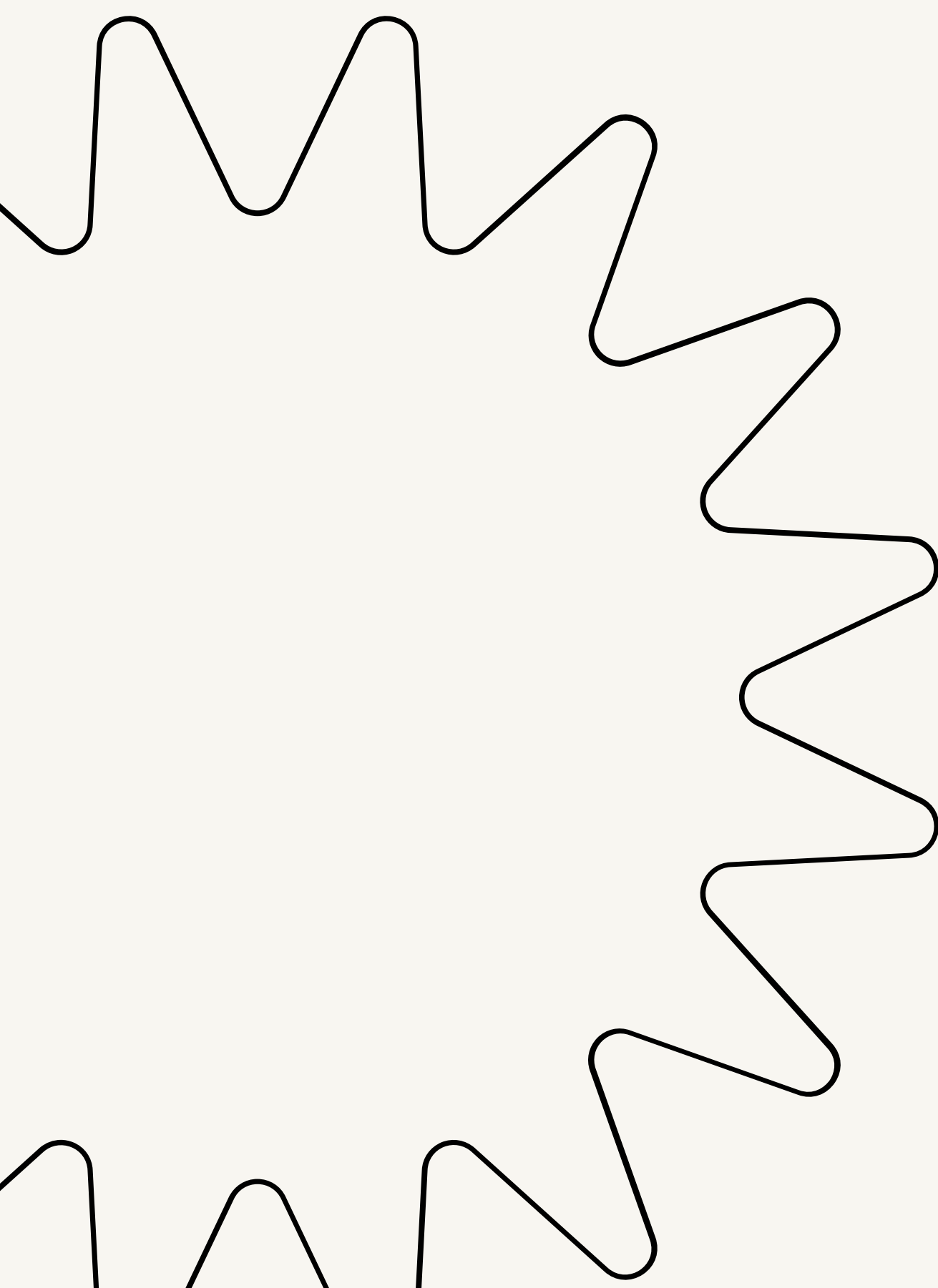
- Move Gently: stretch your arms overhead, and roll your head and shoulders.
- Breathe with Attention: Inhale deeply through the nose for 4 counts, hold for 4, exhale through the mouth for 6.
- Refocus: Ask, “What’s the one thing that needs my presence right now?”

EVENING –

UNWIND & RELEASE

◆ 3-Minute Gratitude & Relaxation

- Write down or say out loud three things you’re grateful for (big or small).
- Take a few slow breaths, exhaling any tension.
- Close your eyes and visualize one peaceful moment in your current day (or in your life).
- Just say THANK YOU



Why Flexibility

Why Do We Care About Flexibility?

Flexibility—both mental and physical—allows us to adapt, grow, and thrive in an ever-changing world. Life is unpredictable, and rigidity can lead to stress, frustration, and stagnation, while flexibility fosters resilience, creativity, and ease.

HOW IS MENTAL FLEXIBILITY RELATED TO PHYSICAL FLEXIBILITY?

Mind and body are deeply connected. Just as stretching the body improves mobility, stretching the mind—through openness, curiosity, and adaptability—enhances our ability to navigate change with ease.

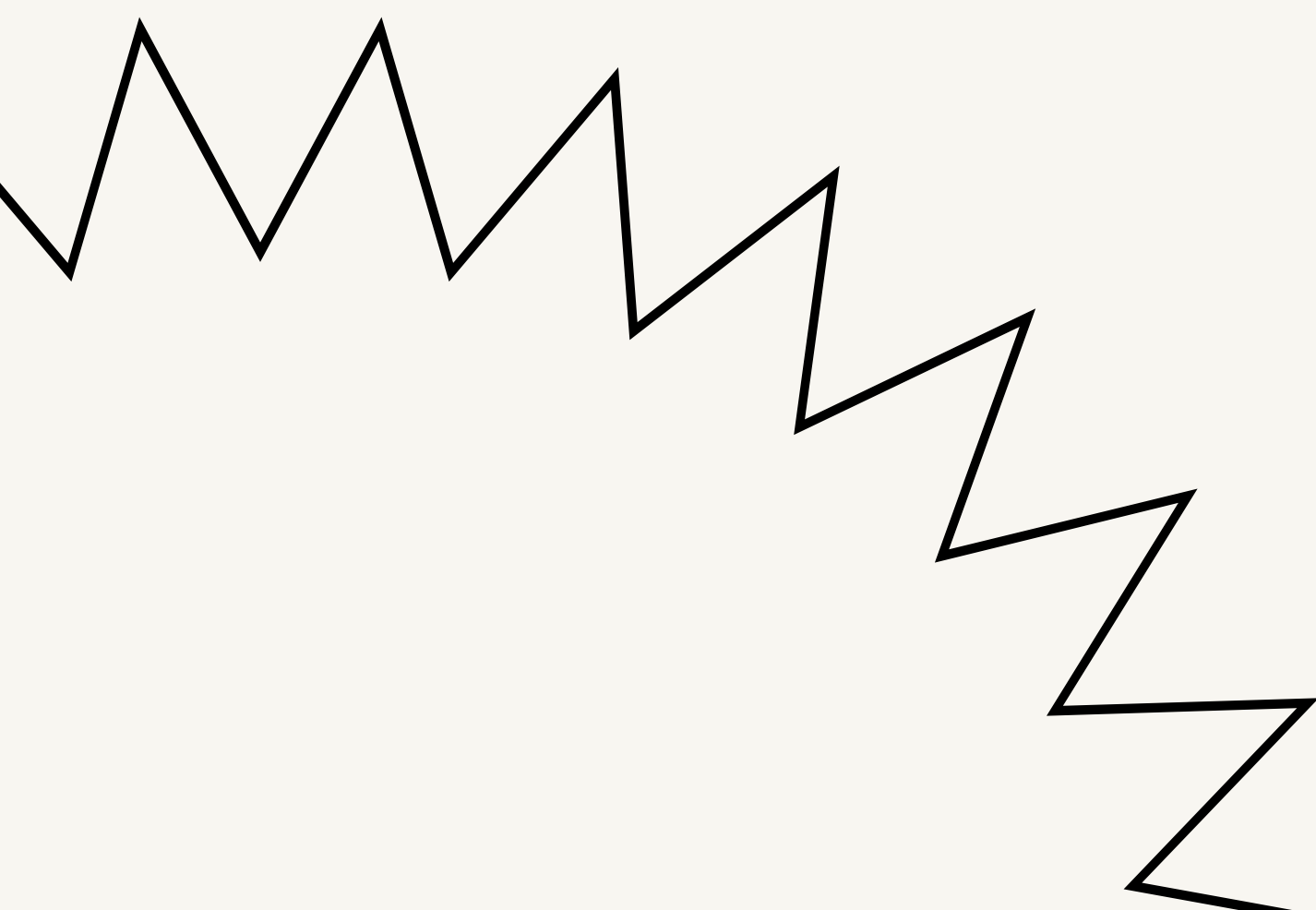
- Physical Flexibility: Helps us move freely and prevents stiffness, pain, and injuries.
- Mental Flexibility: Helps us think freely, embrace new perspectives, and adjust to challenges.

💡 When we release tension in the body, we often release tension in the mind. Practices like yoga and breathwork enhance both types of flexibility, making us feel lighter—physically and mentally.

HOW DOES FLEXIBILITY BENEFIT DAILY LIFE?

- ✅ Less Stress & More Flow – Adapt to challenges without frustration.
- ✅ Better Decision-Making – See problems from multiple angles.
- ✅ Stronger Relationships – Communicate with openness and understanding.
- ✅ Increased Creativity – Think outside the box, innovate, and evolve.
- ✅ Improved Physical Health – Move with ease, reduce pain, and prevent injuries.

SIMPLE PRACTICE TO IMPROVE FLEXIBILITY & RANGE OF MOTION



Being Flexible is Easier Than You Think

🌿 PHYSICAL FLEXIBILITY: MOVE WITH EASE

💡 Daily movement keeps your body open and pain-free!

✅ Gentle Yoga & Stretching (5–10 min/day)

- Spinal mobility: Cat-Cow, Twists
- Hip openers: Butterfly, Pigeon Pose
- Full-body flow: Downward Dog, Forward Fold

✅ Dynamic Stretching Before Activity

- Arm circles, leg swings, and spinal rotations increase range of motion safely.

✅ Hold Stretches Longer (30–60 sec)

- Relax into the stretch and breathe deeply—this signals the nervous system to release tension.

✅ Hydration & Nutrition

- Muscles and fascia need water and nutrients to stay elastic and mobile.

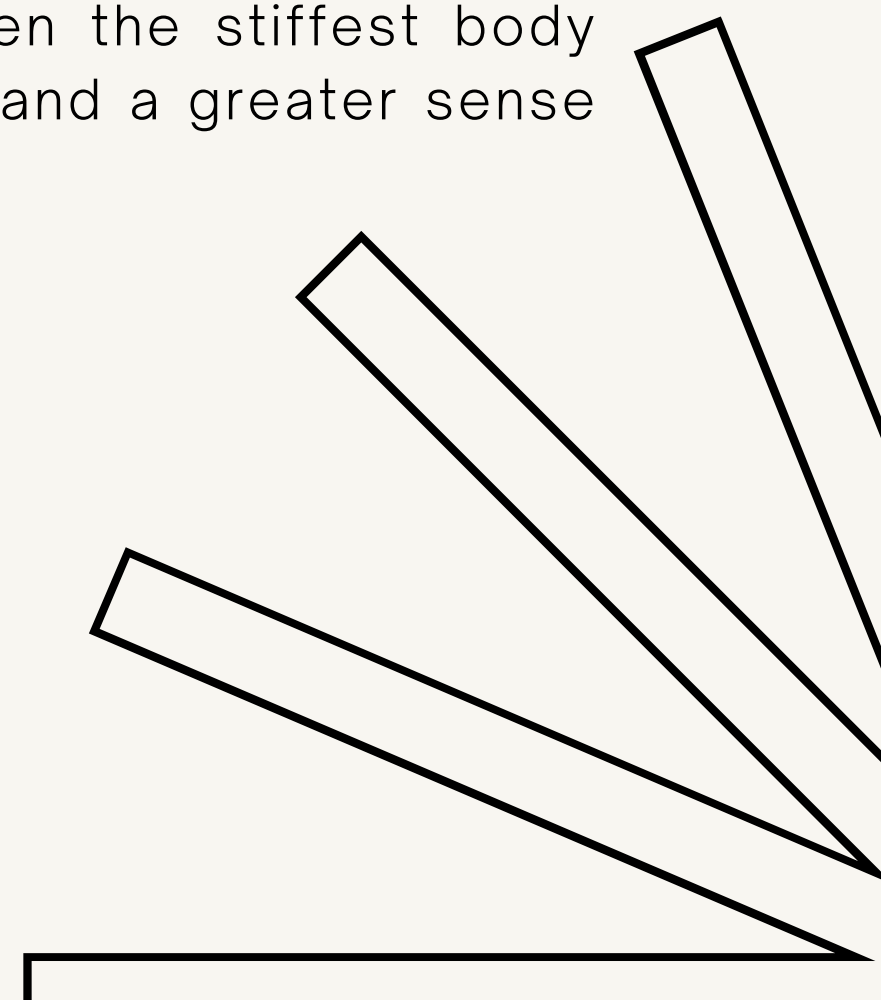
✅ Rest & Recovery

- Overstretching can cause injury! Balance movement with rest so muscles can recover.

🌿 YIN YOGA IS THE BEST APPROACH

When people think of flexibility, they often picture stretching muscles, but true flexibility goes much deeper! Our bodies are supported by fascia (connective tissue), tendons, and ligaments, which hold everything together and affect how easily we move. Unlike muscles, these deep tissues are denser and less elastic, meaning they need a different kind of stretching—Yin Yoga is the perfect practice for beginners because it's slow, gentle, and accessible to all body types and flexibility levels.

You don't have to be flexible to start Yin Yoga—you do Yin Yoga to become flexible! With patience and consistency, even the stiffest body can open up, leading to better movement, less pain, and a greater sense of well-being.



Being Flexible is Easier Than You Think

🧠 MENTAL FLEXIBILITY: EXPAND YOUR PERSPECTIVE

💡 A flexible mind adapts to life's changes with ease!

✅ Try New Things

- Take a new route, eat different foods, or learn a skill—small changes keep the brain adaptable.

✅ Question Your Assumptions

- When faced with a challenge, ask:
- “What if I looked at this differently?” or “What can I learn from this?”

✅ Pause & Breathe Before Reacting

- Deep breaths create space between reaction and response, allowing for more thoughtful choices.

✅ Practice Letting Go

- Not everything goes as planned—embrace change instead of resisting it.

✅ Stay Curious

- Read, ask questions, and listen to diverse perspectives. The more you learn, the more flexible your thinking becomes.

🧠 MINDFUL YOGA IS THE DOORWAY

Through mindful yoga postures and movements, we cultivate a deeper awareness of our own bodies by paying close attention to the present moment. Noticing that the two sides of our body can feel completely different invites a powerful realization: if even within ourselves there is such variation, how much more diverse must experiences be between different individuals? This understanding can help dissolve limiting beliefs, fostering greater openness—both toward ourselves and the world around us. By practicing Mindful Yoga, we not only enhance physical flexibility but also develop Mental Flexibility, a skill that enriches every aspect of life.

By working on both mental and physical flexibility, you'll feel more fluid, adaptable, and at ease in daily life. The Magic Happens When Both Align.

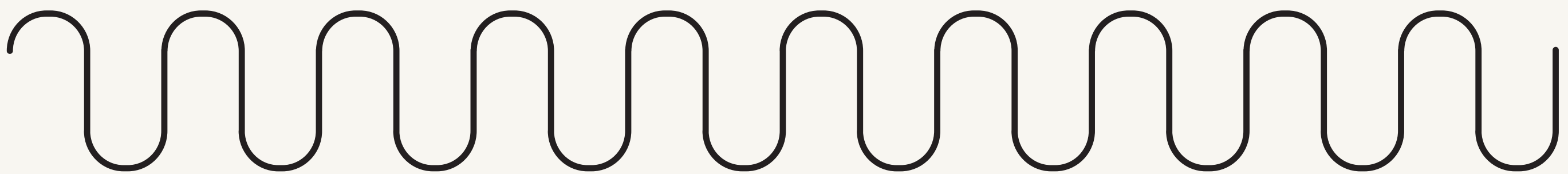


Why Strength

STRENGTH IS A CYCLE—MIND & BODY REINFORCE EACH OTHER

- ✓ A strong mind pushes your body to grow.
- ✓ A strong body supports mental clarity and emotional resilience.
- ✓ Together, they create a foundation for a vibrant, powerful life.

THE "3 BY 5" PROTOCOL: HOW & WHY TO BUILD YOUR STRENGTH



HOW A STRONG MIND SUPPORTS THE BODY

1 Mental Strength Enhances Physical Performance

- Athletes use mental conditioning (visualization, focus, breathwork) to push past physical limits.
- Studies show that mental resilience increases pain tolerance and endurance (Scientific American).

2 Mindset Affects Healing & Recovery

- Research on the placebo effect proves that belief in healing can trigger real physiological changes ([Harvard Health](#)).
- A positive mindset has been linked to faster recovery from injuries and surgeries.

3 Stress & Emotional Well-Being Impact Health

- Chronic stress releases cortisol, which can weaken the immune system and slow healing.
- Meditation and mindfulness reduce inflammation and boost recovery ([NIH](#)).

A STRONG BODY IS THE FOUNDATION OF A STRONG MIND

1 Movement Boosts Brain Function

- Stimulates Neurogenesis (growth of new brain cells) → Improves learning and mental agility.
- Delays Cognitive Decline → Reduces the risk of dementia and Alzheimer's ([Harvard Medical School](#)).

2 Strength Training Builds Mental Resilience

- Overcoming Physical Challenges (lifting heavier, pushing limits) trains the brain to embrace discomfort and persistence.
- Teaches Patience & Focus → Long-term progress in strength training mirrors growth mindset principles in life.

3 Reduces Stress & Anxiety

- Physical activity lowers cortisol (stress hormone) levels.
- Increases endorphins and serotonin → Improves mood and reduces anxiety.

Yoga For Strength

A STRONG BODY MAKES YOU FEEL MORE CAPABLE IN LIFE.THESE FOUNDATIONAL YOGA POSES BUILD STRENGTH IN A GENTLE YET EFFECTIVE WAY, FOCUSING ON CORE STABILITY, LEG STRENGTH, AND UPPER BODY ENDURANCE. 💪✨

🔥 CORE & FULL-BODY STRENGTH

- ✅ Plank Pose (Phalakasana) ([How To](#))
 - Strengthens core, arms, shoulders, and legs.
 - Keep your body in a straight line, engaging the core and thighs.
 - Hold for 20–30 seconds (increase over time).

🦵 LOWER BODY STRENGTH

- ✅ Chair Pose (Utkatasana). ([How To](#))
 - Engages thighs, glutes, and core.
 - Keep weight in heels, knees over ankles, and arms reaching forward or up.
- ✅ Warrior I (Virabhadrasana I) ([Supported Warrior](#))
 - Strengthens legs, core, and shoulders while improving balance.
 - Front knee at 90 degrees, back leg strong and engaged.
- ✅ Warrior II (Virabhadrasana II) ([10-Min Dancing Warriors](#))
 - Builds leg and hip strength, while improving focus.
 - Keep your gaze steady over your front hand.

🏊 UPPER BODY & SHOULDER STRENGTH

- ✅ Downward Dog (Adho Mukha Svanasana) ([How To](#))
 - Strengthens shoulders, arms, and core while stretching the hamstrings.
 - Keep knees bent if hamstrings are tight.
- ✅ Knees, Chest, Chin (Ashtanga Namaskara) ([How To](#))
 - Builds arm, chest, and core strength.
 - Start from a plank,knees down first, then lower the chest and chin to the floor simultaneously with elbows close to ribs.

Why Inner Peace

Inner Peace is a state of being where you feel calm, balanced, and at ease, regardless of external circumstances. It's the ability to stay centered and emotionally grounded, even in the face of challenges or stress. Inner peace is deeply connected to mental clarity, self-acceptance, and emotional resilience. It arises when we let go of inner conflict, judgment, and attachment to external outcomes, embracing the present moment with acceptance and compassion.

WHY IS INNER PEACE IMPORTANT FOR OUR DAILY LIFE?

1. Emotional Well-being:

- Inner peace reduces stress and emotional turbulence. When you have peace within, you're less likely to react impulsively to challenges.
- It cultivates emotional resilience, allowing you to handle difficult situations without becoming overwhelmed.

2. Improved Decision-Making:

- Calmness enhances clarity and focus. With a peaceful mind, you can make decisions from a place of logic and wisdom, rather than fear or anxiety.
- Mindfulness—a key part of inner peace—helps you to be more present and aware of your choices.

3. Healthy Relationships:

- When you have inner peace, you're better equipped to communicate effectively, listen deeply, and empathize with others.
- It fosters compassion, reducing conflict and creating stronger, more harmonious relationships.

4. Physical Health:

- Stress is a major contributor to physical ailments like high blood pressure, heart disease, and digestive issues. Inner peace reduces stress hormones (like cortisol), promoting better health.
- Relaxation from inner peace triggers the body's rest and repair functions, supporting overall well-being.

10 BASIC PRINCIPLES SO THAT NOTHING CAN AFFECT YOU

Inner peace is more than a personal goal—it is a collective need for emotional health, global harmony, and survival. When we nurture it within ourselves, we contribute to a larger shift toward a more compassionate, sustainable, and cooperative world. By prioritizing inner peace in our lives, we not only enhance our own well-being but also play an essential role in the well-being of humanity and the planet. 🌍❤️

How Breathwork Cultivates Inner Peace

Breathwork, the practice of consciously controlling one's breathing patterns, has been shown to significantly enhance mental and emotional well-being, thereby fostering inner peace. Scientific research highlights several ways in which breathwork contributes to achieving inner tranquility:

WHY IS BREATHWORK IMPORTANT FOR OUR DAILY LIFE?

- **Reduction of Stress and Anxiety:** Engaging in structured breathing exercises can activate the parasympathetic nervous system, promoting relaxation and reducing **stress**. 5-minute breathwork and mindfulness meditation improve mood and reduce **anxiety**.

ref: [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

- **Enhancement of Emotional Regulation:** some negative emotions are natural and valid, for example, **fear**, anxiety, stress, **frustration**, **jealous**, **anger**. These can be caused by reacting to perceived injustice or unmet expectations, but learning to regulate them through breathwork, mindfulness, and self-awareness can help us navigate life with more peace, balance, and resilience. Slow, controlled breathing techniques have been found to improve autonomic nervous system function, which plays a crucial role in emotional regulation.

ref: [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

- **Improvement of Mental Clarity and Focus:** Research indicates that controlled breathing exercises can positively affect **brain function**, leading to improved attention and reduced mental fog. Conscious breathing helps quiet mental chatter, thereby enhancing focus and **cognitive performance**.

ref: [vogue.com](https://www.vogue.com)

Incorporating breathwork into daily routines offers a practical and effective approach to cultivating inner peace and emotional balance.

BREATHING TECHNIQUES TO REDUCE STRESS AND ANXIETY | DR. ANDREW HUBERMAN ON THE PHYSIOLOGICAL SIGH

How Mindfulness Practice Cultivates Inner Peace

Mindfulness is the art of being fully present and aware in the moment, without judgment. It's about observing your thoughts, feelings, and sensations with acceptance and compassion, rather than reacting impulsively or becoming attached to them.

THE TRUE PURPOSE OF MEDITATION | DR. SAM HARRIS

1. Reduces Reactivity

- Mindfulness helps break the cycle of automatic reactions to emotions and stress. By being **aware** of your thoughts and emotions in the moment, you can choose how to respond instead of getting caught in habitual reactions.
- This creates **emotional balance**, as you stop being triggered by external circumstances, allowing you to remain calm and centered.

2. Promotes Acceptance of the Present Moment

- One of the core principles of mindfulness is acceptance—being present without trying to change or control your experience.
- When you practice mindfulness, you learn to embrace the present, as it is, rather than constantly striving for the future or lamenting the past. This **acceptance** is key to cultivating inner peace, as it dissolves resistance, which often creates stress and anxiety.

3. Increases Self-Awareness and Self-Compassion

- Mindfulness encourages you to observe your inner world without judgment, which leads to greater **self-awareness**.

The more you understand your thoughts, emotions, and patterns, the more you can respond with kindness rather than criticism.

- Self-compassion—a key aspect of mindfulness—helps you treat yourself with care, reducing negative self-talk and fostering a **peaceful relationship** with yourself.

4. Enhances Emotional Regulation

- By practicing mindfulness, you become more attuned to your emotions and learn to observe them without becoming overwhelmed by them.
- Over time, this enables you to regulate emotions better, preventing excessive anger, frustration, or sadness from hijacking your peace of mind. Instead, you can let emotions **flow** without them controlling you, creating **space** for inner peace.

5. Helps Let Go of Mental Clutter

- Mindfulness allows you to step out of the constant mental chatter—the worries, doubts, and distractions—that often disrupt inner peace.
- Through mindfulness, you learn to focus on what's important, letting go of the noise in your mind, which **calms** your mental state and supports peace of mind.

Create A Good Habit

THE 6 SMALL HABITS CAN CHANGE YOUR LIFE IN 2025

MAKE IT ABOUT YOU

1. What's **YOUR** intention: Make It Personal and Fun

- Set a clear intention: Is it for stress relief, better sleep, more energy, or emotional balance? Clarifying your reason will help you stay motivated.
- Keep it fun: Incorporate elements you enjoy

2. What's **YOUR** current capacity

- Set a realistic duration: You could start with a combination of 5 minutes of yoga and 5 minutes of mindfulness.
- Make it easy to access: Practice in a space where you feel comfortable, Lay out your yoga mat the night before to make it inviting.

3. Combine **YOUR** Yoga and Mindfulness in One Session

- Start with 3-5 minutes of Mindful Breathing: Sit or lie down and focus on your breath, bringing yourself into the present moment.
- Move into 10-15 minutes of Yoga Flow: Incorporate poses that are simple and accessible. Move slowly and focus on each movement and breath. This will help you stay grounded in mindfulness while also reaping the physical benefits of yoga.
- End with 2-3 minutes of Silent Meditation or Gratitude Practice: Sit comfortably and reflect on 3 things you're grateful for, or simply focus on your breath and observe any sensations or thoughts.

4. Build **YOUR** Consistency with a Routine

- Schedule it
- Start with small wins
- Track your progress

5. Help **YOUR** Mind by Mixing It Up to Keep Things Fresh

- Change up your routine: After a week or two, experiment with different styles or teachers, or switch the type of mindfulness practice you use (e.g., body scan, mindful eating, gratitude journaling).
- Join an online class or community: Being part of a yoga or mindfulness community can add motivation. Join a group or participate in virtual classes to feel connected.

6. Create **YOUR** Supportive Environment

- Enjoy the process: Don't focus on "perfect" poses or achieving a certain state of mindfulness. Allow yourself to enjoy the flow of movement and the present moment, appreciating your body and mind for the simple act of showing up.

Start A Routine

SAMPLE WEEKLY ROUTINE WITH MARY LI

Monday – Start With Your Upper Body

- 10-minute gentle Neck and Shoulder tension Release

Tuesday – Yoga for Stress Relief

- 10 minutes of table supported warrior pose practice

Wednesday – Breathwork For Anxiety And Stress

- 3 minutes of Mindful Breathing For Relaxation

Thursday – Yoga To Build Strength

- 10-minute Vinyasa flow with a partner

Friday – Mindful Flow For Lower Back Health

- 30-minute lower back care mindful yoga flow

Saturday – Mindful Yoga On Gratitude

- 30-minute Yoga For Cultivating Gratitude

Sunday – Guided Body Scan Meditation

- 30 minutes Yoga Nidra Before Sleep

BONUS: ADD THIS ANY DAY

Morning Practice

- 5 minutes Full Body Morning Yoga

Mid-day Practice

- 10 minutes Office Yoga | Cat Cow Camel Rabbit Poses

Bed-time Practice

- 5 minutes Bedtime Gentle Yoga

20 MINUTE NON-SLEEP DEEP REST (NSDR) TO RESTORE MENTAL & PHYSICAL ENERGY

Hear What Others Say

D. HO - PENNSYLVANIA, US

I've had the privilege of being Mary's yoga student for several years, and her classes have been nothing short of transformative. From the moment I joined, Mary created an incredibly welcoming and supportive environment that made me feel at ease. Her patient and personalized approach has not only improved my physical practice but also enhanced my overall well-being. Mary is exceptional at tailoring her classes to meet the needs of each student, offering modifications and encouragement that have helped me grow both on and off the mat. Her guidance in mindfulness and breathwork has been invaluable, helping me find calm and clarity in my daily life. I'm truly grateful for the positive impact Mary's teaching has had on me. If you're looking for a yoga instructor who genuinely cares about your progress and creates a nurturing community, I wholeheartedly recommend Mary.

J. REN - CALIFORNIA, US

Thank you, Mary for giving the amazing yoga class and the meditation session. They are very informative and helpful to my lower back pain issues. I feel great afterwards. Mary is patient and knowledgeable and offer hands-on adjustments to maximize the effect of the poses. I love the classes and I highly recommend her private classes.

M. DUAN. - CALIFORNIA, US

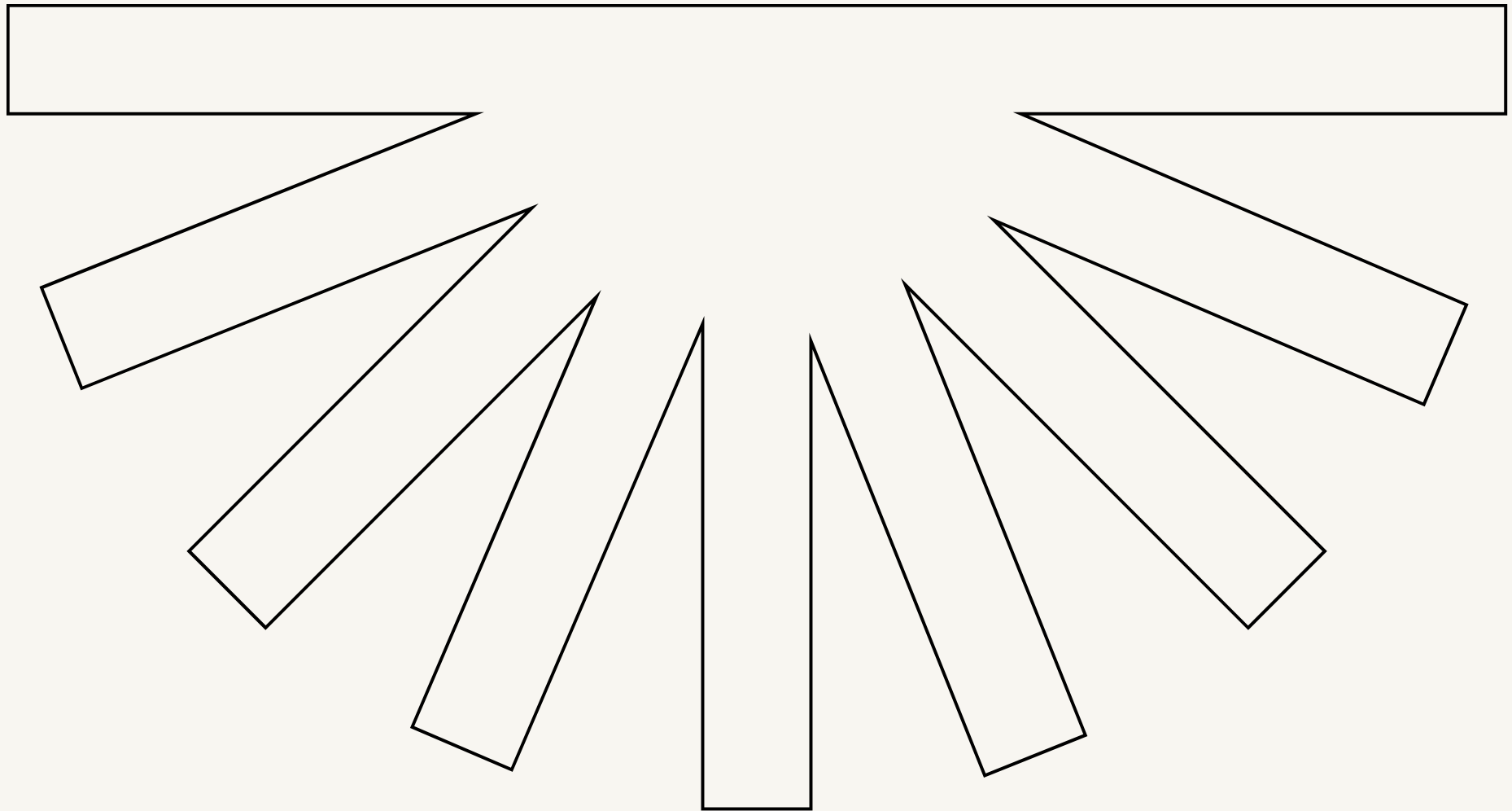
Mary's workshop goes beyond the traditional yoga classes. Her attentiveness and the compassion nature coupled with her exceptional listening skills allows her to tailor instructions to meet individual needs. She follows up with detailed documents and instructional videos for post class reviews. The exercises from the workshop has proven immensely effective in relieving my body pains, and the impact on my mind has been remarkable . Mary's holistic approach to therapeutic and mindful yoga has been truly transformative.

S. WING - IZMIR, TURKEY

Thank you for reminding me back to heart to feel the partner, the floor and my own body. You have an Exceptional way of teaching. It was really the BEST workshop I have ever had in my life.

A. T. - ISTANBUL, TURKEY

Mary's way of teaching is nothing like what I expected from a yoga teacher. She understands my body and mind, tailored every posture and movement for my best interest. They are also accessible and easy to practice daily. She also holds me accountable for the practices outside the lessons. It was so effective for my conditions, within 2 weeks my lower back pain has reduced. I can't ask for a better guide.



Ready for a guided program?

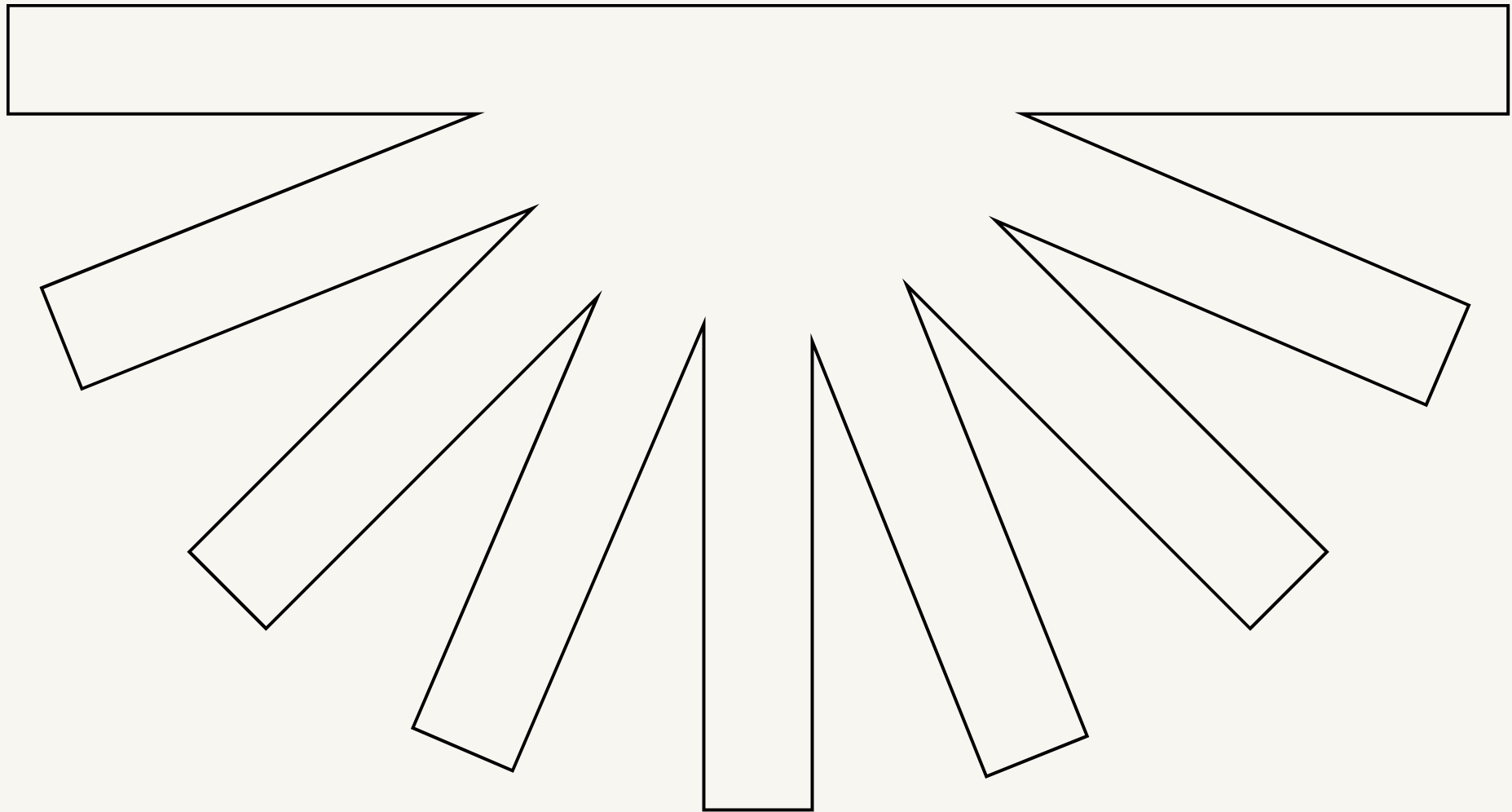
The Essentials of Yoga For Daily Life

Try to use these structured sentences (it's a Mental Fitness Training for your Mind):

I come with an open heart and a curious mind, ready to explore how yoga can support my daily life.
I release any expectations of perfection and allow myself to learn, feel, and experience at my own pace.
I trust that each breath, movement, and insight will bring me closer to balance, clarity, and inner peace.

Say these... You will be surprised by the effect

JOIN THE MASTERCLASS



Ready for a guided program?

The Science of Conscious Breathing

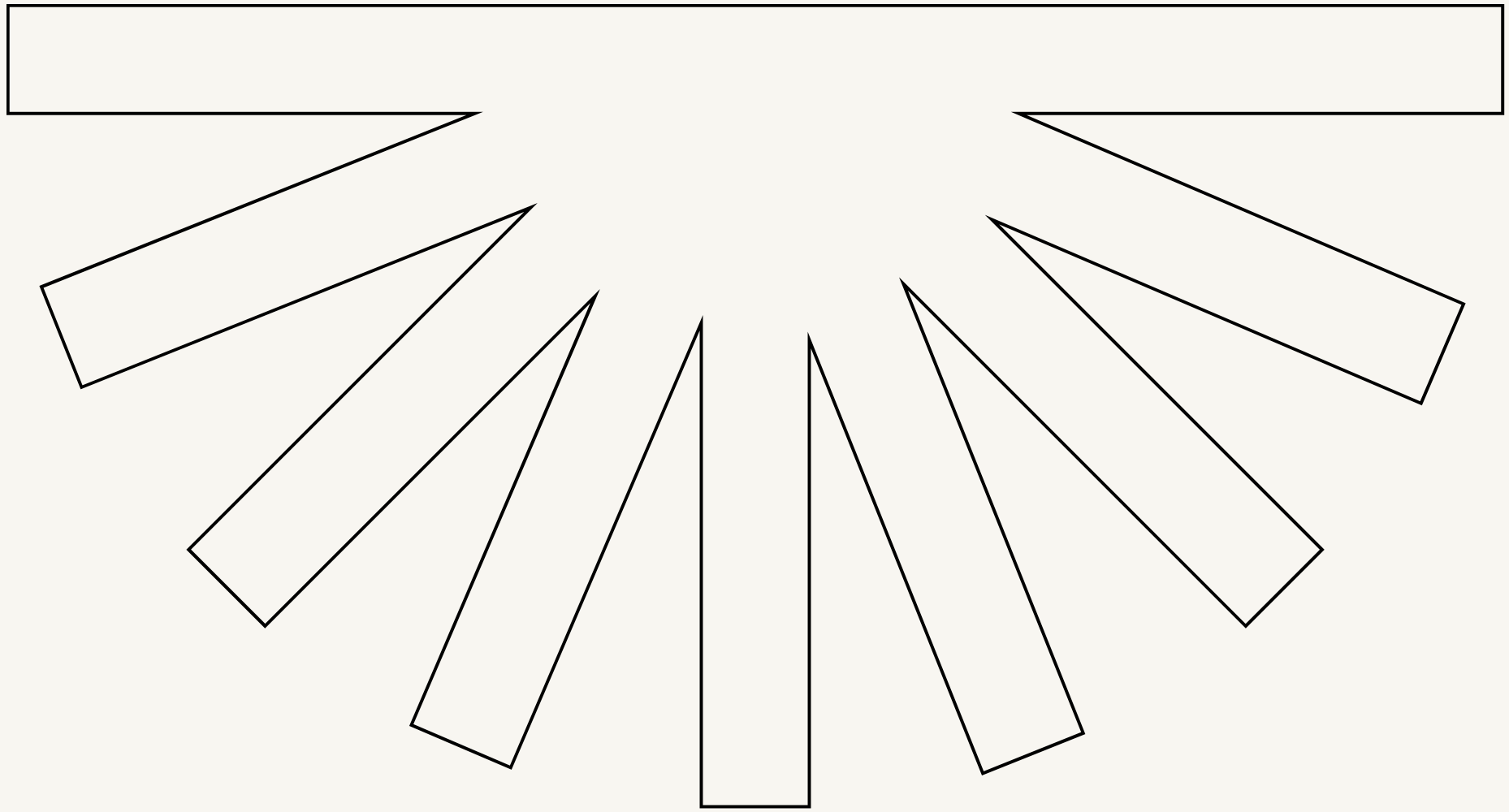
Try to use these structured sentences (it's a Mental Fitness Training for your Mind):

Feel the breath as a gentle wave, flowing in... and flowing out... effortlessly
Your breath is your sanctuary. Return to it, and return to yourself...
Let each breath guide you deeper into stillness, deeper into presence...

Say these... You will be surprised by the effect

JOIN THE MASTERCLASS

WWW.MARYLI.LIFE



Ready for a guided program?

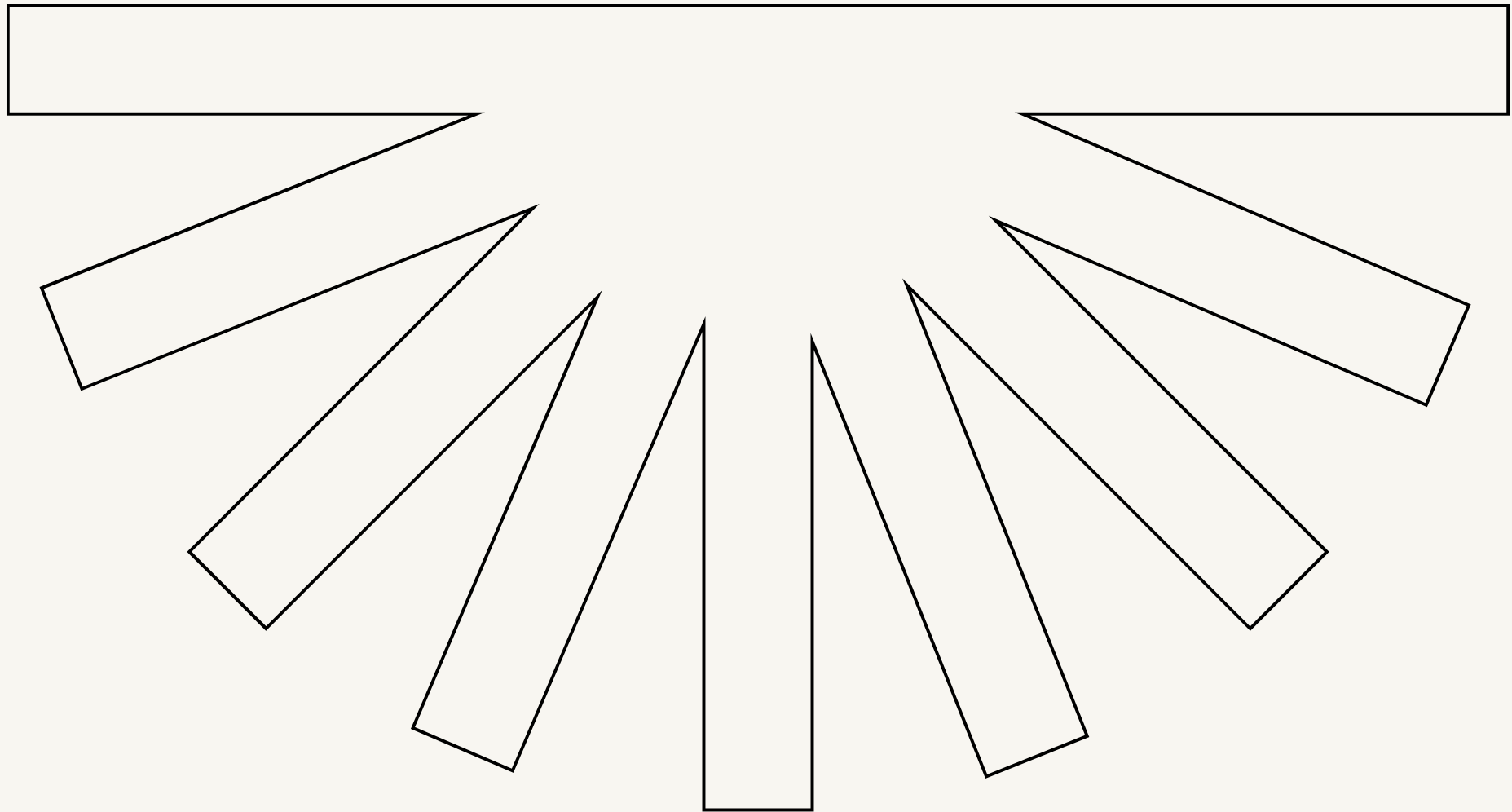
The Super Power Of The Beginner's Mind

Try to use these structured sentences like (it's a Mental Fitness Training for your Mind):

I embrace the joy of being a beginner, knowing that curiosity and openness lead to the deepest growth.
I let go of past knowledge and expectations, allowing myself to see, feel, and experience.
I trust that every moment is an opportunity to learn, expand, and uncover new possibilities.

Say these... You will be surprised by the effect

JOIN THE MASTERCLASS



Ready for a guided program?

Attitude of Gratitude

Try to use these structured sentences (it's a Mental Fitness Training for your Mind):

- I open my heart fully, choosing to see the gifts in every moment, big or small.
- I shift my focus to abundance, knowing that gratitude is the key to lasting joy and fulfillment.
- I commit to embracing gratitude practice, unlocking deeper happiness, connection, and peace in my life.

Say these... You will be surprised by the effect

JOIN THE MASTERCLASS

WEEKLY PLANNER

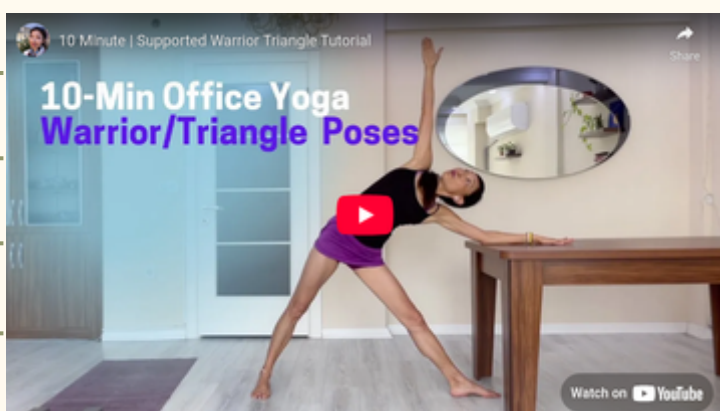
WEEK :

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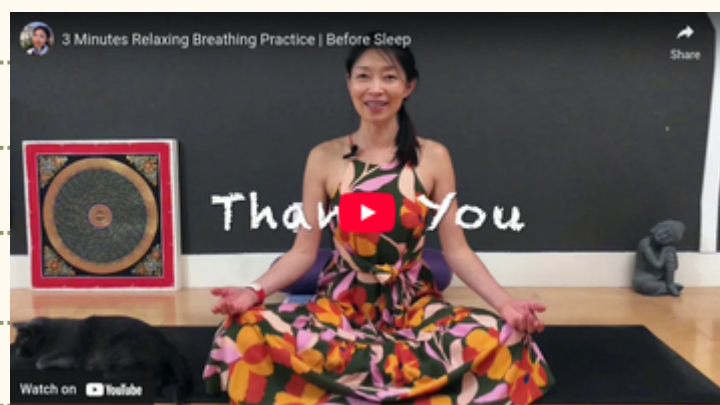
MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



GOALS

PRIORITIES

NOTES