

2025

<http://manahaclinic.com/mindfulcalendar>

JAN
OCT

FEB
MAR
NOV

APR
JUL

MAY

JUN

AUG

SEP
DEC

Wed	Sat	Tue	1 	8 	15 	22 	29 	Thu	SUN	Fri	Mon
Thu	SUN	Wed	2 	9 	16 	23 	30 	Fri	Mon	Sat	Tue
Fri	Mon	Thu	3 	10 	17 	24 	31 	Sat	Tue	SUN	Wed
Sat	Tue	Fri	4 	11 	18 	25 		SUN	Wed	Mon	Thu
SUN	Wed	Sat	5 	12 	19 	26 		Mon	Thu	Tue	Fri
Mon	Thu	SUN	6 	13 	20 	27 		Tue	Fri	Wed	Sat
Tue	Fri	Mon	7 	14 	21 	28 		Wed	Sat	Thu	SUN

→ Follow the daily icons to incorporate mindfulness and self-care into your routine.

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