






















February

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

 WATER
 5 & 2
 ACTIVITY

 STRETCHING
 MEDITATION
 ME TIME

 PUBLIC HOLIDAYS

WWW.TOTALESSENCE.COM.AU