

Intro programme to BiBi

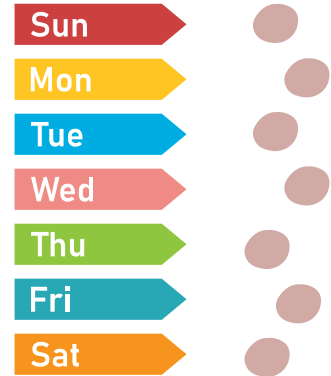
Week 1



Tick off when you have completed one

Start by testing all the exercises, and feel what suits you. This may differ from day to day, so play around with it a while. 2 minutes per day is okay. 5 minutes is even better :)

Daily log # minutes



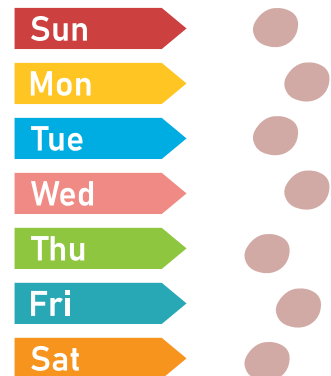
Week 2



Choose your favourite

Choose your favourite this week. Feel free to explore the videos and material below. Try reaching 4 to 6 minutes per day.

Daily log # minutes



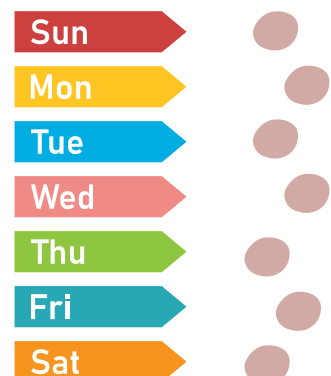
Week 3



Dig deeper and feel the change

Now, you begin to feel the real benefit. Continue making your exercises every day, and if possible increase to 10 minutes per day.

Daily log # minutes



Check out more videos, guides and best practice



MindMind
Mental Balance