

A Sounder World with Sounder Sleep System™ DAILY PRACTICE

✧ *L.E.S.S. light, easy, soft, slow: Less is more* — Michael Krugman

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[A Sounder World with Sounder Sleep System™](#) [Information about The Sounder Sleep System® Teacher Training](#)

Day	Guided Natural Breathing <i>Less is more</i>		Day tamer™	Mini-Move™	Mini-Move™				Notes
1									
2									
3									
4									
5									
6									
7									

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Day	Guided Natural Breathing <i>Less is more</i>		Day tamer™	Mini-Move™	Mini-Move™				Notes
8									
9									
10									
11									
12									
13									
14									

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Day	Guided Natural Breathing <i>Less is more</i>		Day tamer™	Mini-Move™	Mini-Move™				Notes
15									
16									
17									
18									
19									
20									
21									

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Day	Guided Natural Breathing <i>Less is more</i>		Day tamer™	Mini-Move™	Mini-Move™				Notes
22									
23									
24									
25									
26									
27									
28									

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Day	Guided Natural Breathing <i>Less is more</i>		Day tamer™	Mini-Move™	Mini-Move™				Notes
29									
30									
31									

