EMOTIONAL FREEDOM

naked divorce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	START 60 mins	WARM-UP 0 60 mins	WARM-UP 1 60 mins	WARM-UP 2 60 mins	WARM-UP 3 60 mins	WARM-UP 4 60 mins
WARM-UP 5 60 mins	WARM-UP 6 60 mins	SHOPPING 'TO HANDLE' LIST 90 mins	WARM-UP 7 30 mins	COCOON 0 90 mins	COCOON 1 60 mins	COCOON 2 6 hours
COCOON 3 6 hours	COCOON 4 60 mins	METAMORPHOSIS 5 120 mins	METAMORPHOSIS 6 90 mins	METAMORPHOSIS 7 90 mins	METAMORPHOSIS 8 120 mins	METAMORPHOSIS 9 All day
METAMORPHOSIS 10 5 hours	METAMORPHOSIS 11 90 mins	METAMORPHOSIS 12 90 mins	METAMORPHOSIS 13 90 mins	METAMORPHOSIS 14 120 mins	RELEASE 15 120 mins	RELEASE 16 2-3 hours
RELEASE 17 3-4 hours	RELEASE 18 120 mins	RELEASE 19 90 mins	RELEASE 20 120 mins	RELEASE 21 60 mins		DIVORCE PARTY
BEGIN NEW LIFE	BEGIN NEW LIFE	BEGIN NEW LIFE	BEGIN NEW LIFE	BEGIN NEW LIFE	BEGIN NEW LIFE	