



Mi Diario de Emociones

Vamos a hacer una pausa para mirar hacia adentro y pensar como nos sentimos hoy. Podemos escribir, hacer un dibujo o elegir una tarjeta para inspirarnos.

Esta semana todos los días tomaremos un momento para nosotros.

A large, empty rounded square box with a blue border, intended for journaling on Monday.

Lunes

A large, empty rounded square box with a purple border, intended for journaling on Tuesday.

Martes

A large, empty rounded square box with a blue border, intended for journaling on Wednesday.

Miércoles

A large, empty rounded square box with a purple border, intended for journaling on Thursday.

Jueves

A large, empty rounded square box with a purple border, intended for journaling on Friday.

Viernes



[Youtube.com/Kefyoga](https://www.youtube.com/Kefyoga)

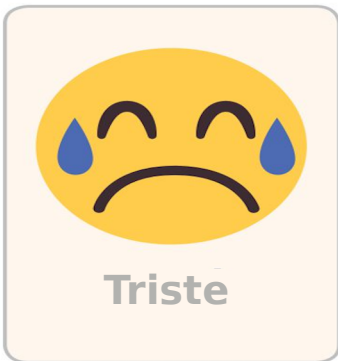
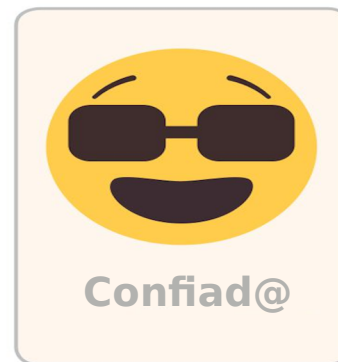
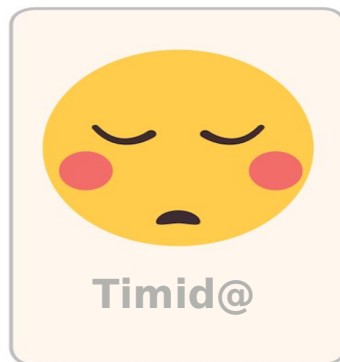
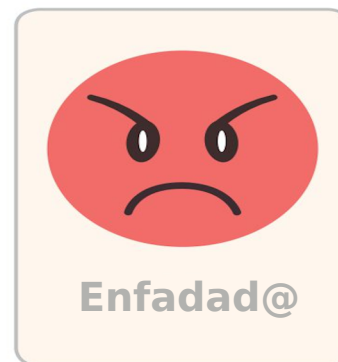
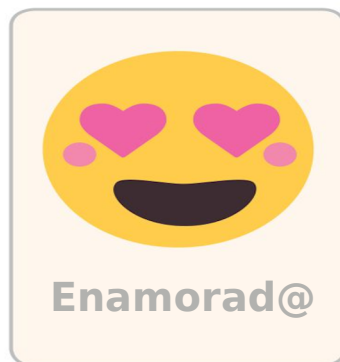


Recursos de Yoga y Mindfulness

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Emociones - Tarjetas recortables



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