

30 minutes that matter !

Period from 20 March to 16 April 2023 Schedule : hours UTC+2

Week 1 : from 04/07 to 04/23							Week 2: 4/24 to 4/30							Week 4: from 08/05 to 14/05							Week 4 : from 04/10 to 04/16													
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Morning 6 h - 10 h	7h00 9h00		6h30 7h00	6h45			7h00 9h00			6h30 7h00	6h45						6h30 7h00	6h45																
	9h45 Polish	9h30	9h45 Portuguese		9h00		9h45 Polish	9h30	9h45 Portuguese		9h00						9h30	9h45 Portuguese		9h00														
Lunch time 12h - 14 h	12h15 13hEnglish	12h30 13h00	12h15 English 13h00				12h15 13hEnglish	12h30 13h00	12h15 English 13h00					12h30 13hEnglish	12h15 English 13h00					12h30 13hEnglish	12h15 English 13h00													
			14h00 Portuguese						14h00 Portuguese											14h00 Portuguese														
Late Afternoon 17h-18 h 30		17h30 18h30						17h30 18h30							17h30 18h30					17h30 18h30														
Early evening From 19 h	19h00 Polish 19h45	19h00 Polish 19h45	19h00 20h00 Polish 20h45			20h30	19h00 Polish 19h45	19h00 Polish 19h45	19h00 20h00 Polish 20h45			20h30								19h00 Polish 19h45	19h00 20h00 Polish 20h45				20h30									
Get ready to embrace your day							Public holiday On public holidays you will receive the link to your audio practice in the morning in your mailbox.																											
Sophro Boost																																		
To Refocus on oneself																																		
Being Aligned																																		