30 minutes that matter !

Period from 15 May to 11 June 2023 Schedule : hours UTC+2

	Week 1: 15/05 to 21/05							Week 2: 22.05 to 28.05							Week 3: 29/05 to 04/06							Week 4: 05/06 to 11/06						
	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
					6h45						6h30	6h45						6h30	6h45						6h30	6h45		
Morning	7h00							7h00			7h00							7h00				7h00			7h00			
6 h - 10 h	9h00							9h00														9h00						
	9h45 Polish	9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00				9h30	9h45 Portuguese		9h00			9h45 Polish	9h30	9h45 Portuguese		9h00		
Lunch time	12h15	12h30						12h15	12h30	12h15 English						12h30	12h15 English					12h15	12h30	12h15 English				
12h - 14 h	13h English	13h00						13h English	13h00		13h00					13hEnglish		13h00				13h Englis	13h00		13h00			
			14h00 Portuguese							14h00 Portuguese							14h00 Portuguese							14h00 Portuguese				
Late Afternoon		17h30							17h30							17h30							17h30					
17h-18 h 30		18h30							18h30							18h30							18h30					
Early evening	19h00 Polish		19h00 Polish					19h00 Polish		19h00 Polish	19h00						19h00 Polish	19h00				19h00 Polish			19h00 Polish	19h00			
From 19 h	19h45		19h45				20h30	19h45		19h45	20h00 Polish						19h45	20h00 Polish			20h30	19h45		19h45	20h00 Polish			20h30
											20h45							20h45							20h45			

Public holiday — On public holidays you will receive the link to your audio practice in the morning in your mailbox.

Get ready to embrace your day

Sophro Boost

To Refocus on oneself

Being Aligned