Dec 27 - Jan 2, Theme of the week



Dec 27 - Jan 2: Self- Practice: Meditation / Power exercise / Basic / Poom Se

27-Monday - Sunday 2: Self-Practice:

Meditation / Power Exercise / Poom Se

Mental exercise: Read the 5 Pillars of True Success Set 2022 New goals Keep your Dreams alive

Enjoy your holiday and plan for 2022!