



# #ARTOFAWE

## 30 Day Acupressure Challenge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

New Video

3 - Step Acupressure Activation System  
4:49 min

What Are Meridians?  
4:18 min

Find Your Love Mini-Lecture  
3:46 min

Neck Headache  
10:01 min

Laptop Session  
6:56 min

Lymphatic Drainage  
5:01 min

New Video

Revitalize Your Morning  
11:37 min

Shoulder Pain Relief  
5:55 min

Stress Management  
7:00 min

Wrist Flow & Carpal Tunnel  
9:04 min

Nausea  
2:28 min

Wake-up Flow  
8:05 min

New Video

Neck Pain Relief Exercise  
5:01 min

Seated Session  
7:02 min

Lower Back Pain  
5:31min

Anxiety & Depression  
9:02 min

Sunrise Session  
15:37 min

Menstrual Cramps  
4:59 min

New Video

Office Break  
5:08 min

Bloating  
5:28 min

Wake-up Flow Long Version  
12:31 min

Anxiety & Stress  
2:46 min

Dizzy Session  
2:51 min

Rotator Cuff Injury  
8:28 min

New Video

Migraines  
6:23 min

Get all the details & FREE playlist at [kylaplaston.com/calendar](http://kylaplaston.com/calendar)

New videos published to YouTube Sundays at 1 am pst, will be added to the YouTube playlist later that day.

Kyla