

WEEK 11

01 GOAL POST

02 WARMING & COOLING HERBS

03 AROMATHERAPY

MOVEMENT

This week, we begin a new series of movements using the wall as an aid. We'll use Goal Post to measure the shoulder range of motion and determine imbalances. To practice, bend the arms to 90-degrees, then drop one arm at a time. Measure the distance from wrist to wall on each side.

NUTRITION

Herbs have been used medicinally for thousands of years. This week, aim to include herbs that support your digestion. Warming herbs will help speed digestion and increase metabolism, while cooling herbs tend to settle the stomach and an irritable digestive tract.

MINDFULNESS

Aromatherapy is a holistic healing technique using plant extracts. It is typically used with essential oils and can be applied as balm, lotion, spray, oil, or diffused. Aromatherapy can provide physical and psychological benefits.

