

WEEK 12

- 01 WALL CLOCK ARMS
- 02 BEVERAGE CHOICES
- 03 GUIDED MEDITATION

MOVEMENT

HOW: Place right shoulder to the wall with body perpendicular. Extend the arm out to 130, 90, then 45 degrees

DURATION: 20 sec per arm placement each side (2 minutes total)

MEASURE: From shoulder to wall at each degree without compensating form



NUTRITION

The beverage choices we make can affect our body in different ways. Genetics can even play a factor in how we process some substances, such as caffeine. Water, coffee, drinking temperature, additives, and fermented beverages will all be discussed.



MINDFULNESS

In this session, I'll lead you through a guided meditation. We'll incorporate visual stimulation, breath, and body awareness to relieve stress and root you in the present moment. You'll want to be in a comfortable seated, reclined, or lying position with minimal distractions for this practice.

