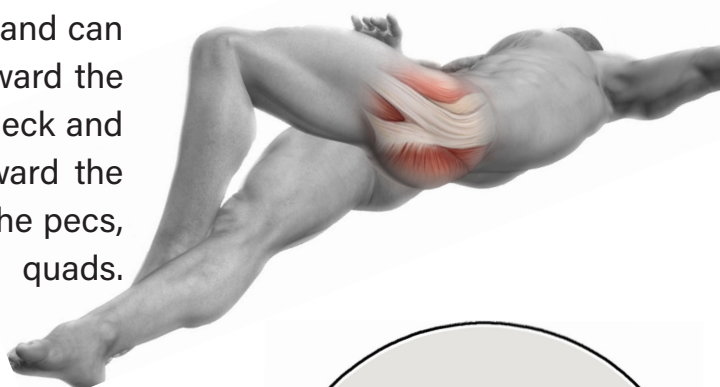


# WEEK 05

- 01 SUPINE TWIST
- 02 STEPS TO MEAL PREP
- 03 FIND SILENCE FOR CLARITY

## MOVEMENT

This twist improves spinal rotation and can calm the nervous system. Gaze toward the extended arm for a release in the neck and traps. Guiding the upper knee toward the ground releases muscles through the pecs, torso, glutes, hip abductors, and quads.



## NUTRITION

Meal prep does not have to be complicated. In this session, we'll break down the beginning stages of meal prep and use a system to save you time, groceries, and clean up. Calculate what you'll need for meal prep using the sheet provided.



## MINDFULNESS

Attempt to create mental clarity this week by utilizing silence. Dedicate 5-20 minutes each day this week to focus on the space between thoughts. Allow ideas to come and go as if they are passing through a channel. Practice any time of day sitting, standing, or lying comfortably.

