

WEEK 06

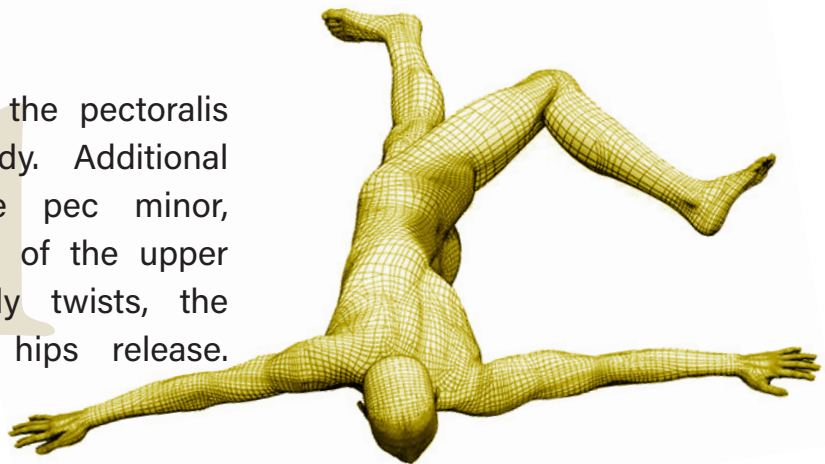
01 SCORPION

02 FLUIDS AND WATER INTAKE

03 VISUAL FOCUS PRACTICE

MOVEMENT

Scorpion deeply stretches the pectoralis major of the upper body. Additional stretching occurs in the pec minor, anterior deltoid, and bicep of the upper body. As the lower body twists, the abdominal obliques and hips release.



NUTRITION

Proper water intake is important for a variety of reasons. Water dissolves and transports minerals, proteins, and vitamins, speeds up the breakdown and absorption of nutrients, and regulates body temperature. This week, work on increasing water intake and decreasing fluids such as caffeine and energy drinks that act as diuretics.



MINDFULNESS

Finding a focused gaze, or drishti, is used to build concentration and intention. When you draw your attention to on a single point, you are able to develop sense withdrawal, improve balance, and relax the mind. This can be used during meditation, balance practice, and workouts.

