

# WEEK 02

- 01 SEATED FORWARD FOLD
- 02 ADD COLORFUL FRUIT AND VEGETABLES
- 03 BREATH PRACTICE

## 01 MOVEMENT

Seated Forward Fold is typically known for targeting the hamstrings. When done correctly, you'll stretch the entire back body from neck to feet and create space between the vertebrae. Regular practice and can alleviate neck and back pain, calm anxiety, and improve digestion.



## NUTRITION

Eating various colorful fruits and vegetables is a simple way to get your body the nutrients it needs. Vibrant colors can indicate a greater concentration of vitamins, minerals, and fiber. Phytonutrients in color-rich foods are associated with many health benefits and can lower your risk for disease. Aim to include a variety of colorful fruits and vegetables in your diet every day.



## MINDFULNESS

Our mindfulness technique for the week is breath work. Changing your breathing pattern can change your mood. Inversely, your mood may also affect your breathing patterns. In this session, I'll share three techniques to help you improve focus, relax, and boost energy.

