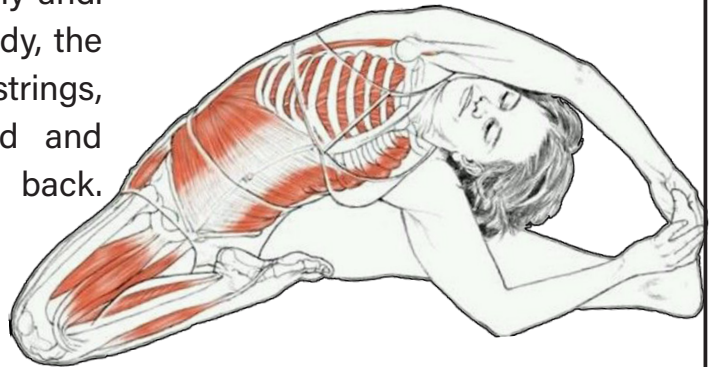


# WEEK 08

- 01 SEATED SIDE BEND
- 02 SLOW DOWN WHEN EATING
- 03 PRACTICE PATIENCE

## MOVEMENT

The seated side bend mobilizes the spine and allows your discs to shift laterally and. You'll stretch muscles in the side body, the lats, adductors, psoas, quads, hamstrings, and calves. Keep the chest lifted and the top shoulder blade reaching back.



## NUTRITION

Consuming food slowly is a significant step toward cultivating intuitive eating patterns. Benefits include better digestion, improved nutrient absorption, improved enjoyment, and allowing your body to reach satiety and prevent overeating.



## MINDFULNESS

Create patience in your routine this week. Eating slow may be enough for you, or perhaps you are ready to extend your patience practice to other areas. Can you slow down for five or ten seconds throughout the day when you are usually in a rush?

