

BALANCE IT OUT



With mindfulness & compassion practices

**Suggestions of the week:
a formal and an informal practice per day**



WEEK 3 HEAD, NECK & SHOULDERS COMPASSIONATE BODY SCAN

Formal meditation:

- Audio Compassionate Body Scan - 15 minutes
- Re-play Video Mindful Movement for "Text neck". Head, Neck, Shoulders - 30 minutes

Informal practice along the day:

- Notice the alignment of your body along the day head-heart-pelvis line and flow
- Practice the first part of the mindful movement video 1) check sit bones 2) check chin positions 3) pinch pencil between shoulder blades 4) neck half circles with chin tucked in 5) ear to shoulder extending arm to other side

WEEK 4: BACK & SHOULDERS ATTENDING SENSES



Formal meditation:

- Audio Attention to Senses - 7 minutes
- Re-play Video Mindful Movement for Back and Shoulders with short body scan - 40 minutes

Informal practice along the day

- When you remember, bring your attention to sounds around you and the sense of touch
- Take conscious showers this week, being aware of the sense of touch of the water or soap, their sounds, smells

