

# BALANCE IT OUT



*With mindfulness & compassion practices*

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



## **WEEK 5 STRENGTH WITH SUN SALUTATION AND MINDFUL EATING**

**Formal meditation:**

- Re-play Video Mindful Movement for Strength, basic Sun Salutation - 35 minutes

**Informal practice along the day:**

- Audio for informal practice Mindful Eating - 10 minutes
- Mindful eating practice for few bytes / some meal everyday along this week. Noticing how food looks, its texture, even touch, sound, smell and taste. Taking your time, with full awareness attitude, without rush. Record your sensations, thoughts, emotions in the experience.

## **WEEK 6: HIP FLEXIBILITY AND FOCUSED ATTENTION**



**Formal meditation:**

- Re-play Video Mindful Movement for hips flexibility- 35 minutes
- Audio Mindfulness meditation on Focused Attention, finding your anchor 11 minutes

**Informal practice along the day**

- Along the day, notice moments of stress, reaction or over reaction, how does it feel in your body and turn for few seconds or a minute the attention to your anchor. See what is your experience

