

# BALANCE IT OUT



*With mindfulness & compassion practices*

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



## **WEEK 7 CORE-ABS STRENGTH AND APPROACHING A PHYSICAL DIFFICULTY**

**Formal meditation:**

- Re-play Video Mindful Movement for Core and Abdominals- 37 minutes
- Audio Mindfulness Meditation on Focused Attention and attention to a physical difficulty 15 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. Specially noticing physical resistance or difficulties along the day. See what is your experience

## **WEEK 8: STRONG LEGS AND WALKING MEDITATION**



**Formal meditation:**

- Re-play Video Mindful Movement for Legs Strength and Stretch - 40 minutes
- Audio Mindfulness Meditation on Focused Attention Anchor (Week 6) or Focus and attention to a physical difficulty 15 minutes (Week 7)

**Informal practice along the day**

- Walking meditation or take a Mindful Walk

