

BALANCE IT OUT



With mindfulness & compassion practices

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



WEEK 9 BALANCE

Formal meditation:

- Re-play Video Mindful Movement for Balance 36 minutes
- Audio Compassion and Selfcompassion mediation 16 minutes

Informal practice along the day:

- Along the day, dedicate some words and phrases of kindness towards yourself

"May I have joy in my life"

"May I have peace and calm in my day"

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WEEK 10: MOON SALUTATION

Formal meditation:

- Re-play Video Mindful Movement for Moon Salutation and Body Scan 50 minutes
- Audio new body scan 12 minutes

Informal practice along the day

- Along the day, dedicate some words and phrases of kindness towards others

"May all have inner resources to face challenges"

"May all be happy"

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