

## Week 2: Homework

In the coming week, I will do 5 rounds of the "**Invigorated Body**" exercise every day. Then I will sit down and applying a **breathing technique** for a few moments.

I will then make 3 rounds of the **espresso breathing** (each 20 dynamic breaths) and finally, I will either do a short or a long **body scan**.

I'll do it at this time: \_\_\_\_\_.

In the office I will practice three "favorite **desk yoga** exercises" every day in combination with 2 times **Snapshot Exercise**.