

Week 3: Homework

In the coming week, I will be doing the Invigorated Body exercise 5 times in a row at home every day. Then I will sit down and watch my breath followed by 3 rounds of espresso breathing (each 20 dynamic breaths) and finally I will do the „sounds and thought meditation“.

I will practice around this time every day: _____.

In the office I will do three office yoga exercises daily and 2 snapshots““ daily.

In addition, I will start noticing my impellers and „favorite thoughts“ AND start noticing where a belief has disturbed me.