



WEEK SIX: Home Activity

Exploring Movement & Addiction

This week I'll invite to create a practice for example clients. Taking what you've learned from previous the previous lessons, create a plan of meditation, pranayama and asana/physical forms for each client. Remember that there could be multiple options, so don't stress it! Trust your instincts.

CLIENT #1

- Difficulty falling asleep
- Digestive issues
- Watching 2+ hours of Netflix/movies/internet browsing before bed
- Emotionally demanding and draining workplace/job
- Consistent headaches

Meditation:

Pranayama:

Asanas/Forms:

CLIENT #2

- Can't function without 3+ coffees per day
- Exhausted all the time

- Self-employed, inconsistent work hours, demanding
- Financial stress
- Social anxiety

Meditation:

Pranayama:

Asanas/Forms: