

A MOUNTAIN MINUTE

-DAILY

- ⑤ STAND WITH YOUR FEET FIRM TO THE GROUND
- ⑤ REACH YOUR HANDS DOWN WITH A PURPOSE
- ⑤ KEEP YOUR HEAD IN ALIGNMENT WITH YOUR SPINE
- ⑤ ACTIVATE YOUR MUSCLES IN YOUR CORE
- ⑤ BREATHE IN DEEPLY – EXHALE FORCEFULLY
- ⑤ FOCUS ON ALL THAT MAKES YOU FULFILLED

FOCUS – AWARENESS
POSTURE - BREATH

