

Week 1  
Daily Holistic Routine

*This routine is designed to boost mind, body and spirit. For questions or suggestions email [tedwards@marblefallsisd.org](mailto:tedwards@marblefallsisd.org).*

## **Yoga**

### *Stretching*

(Do this sequence x2)

Standing Poses

- Prayer
- Chair
- Twisting Chair
- Triangle
- Extended Side Angle

Sitting Poses

- Forward Bend
- Half Lotus Forward Bend

## **Body**

### *Strength*

(Do this sequence x3)

Body

- Air Squat x 20
- Push Up (knees on ground) x 20
- Squat Jump x 5

Core

- Heels x 40
- Russian Twist x 20

## **Mind/Spirit**

### *Immune System Health*

- Diaphragm Breathing - 5 min
- Cold - End your regular shower with 1-3 minutes of cold shower. Make sure to breathe.
- Journal/Reflection - 3 things you are thankful for.
- Journal/Vision - Write down 1 goal for the future.

