

Resilience for Life



Be Kind To Your Mind

Episode 4

Physical Exercise for The Physiology of Emotion

A Petros Production

With

Prof. Jo Clarke

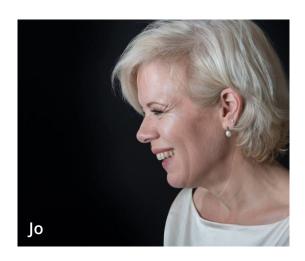
Dr. Maxine Daniels

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"ZEN TEN" DRILL SUMMARY:

ZEN TEN STRETCHES ARE TO BE PERFORMED AS A MOVEMENT FLOW WITHOUT REST.

- 1. Inchworms 10 reps
- 2. 90/90 Stretches 5 reps on each leg
- 3. The Rolling Crucifix 5 each side
- 4. Reverse Table Twist 5 each side
- 5. Warrior in to Reverse warrior for a count of 5 breaths in each hold
- 6. Downward Dog a count of 10 breaths
- 7. Mountain Climbers Twists 10 each side
- 8. Can Openers 10 each side
- 9. Dead Shoulder Circles 10 each side
- 10. Posture Makers 10 movements with lay on hold for a count of 10





PETROS

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