

PETROS

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

Di Gammage

Ed Simpson

Tracy Brookes

Mark Campion



"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

Resilience for Life

www.petros.org.uk

laura@petros.org.uk

jo@petros.org.uk

Tel: 07483 901527

