



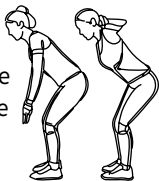
BODYWORK

mindfulness trust reflection focus passion thankfulness creativity selfcompassion

## THIS BALANCE MADE MY DAY!

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Stand with your legs about hip-width apart and slight bend in the knee joint. Bend your upper body forward. Move your arms out to either side so that they are roughly in line with the shoulders while squeezing the shoulder blades together. The upper body is kept in the same position throughout the exercise.

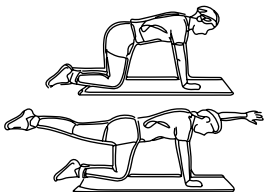


***Promotes mental focus and body awareness. It strengthens and stretches your core, upper and lower body.***

## THIS EXERCISE MADE MY DAY.

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- Stand on all fours with palms and knees on the ground.
- Extend left arm and right foot, then right arm and left foot.
- Repeat 8–12 times.



***Diagonal raises enhance coordination and cognitive function. It's a good exercise for the back, stomach, butt, thighs and hips.***

## THIS RELAXATION MADE MY DAY!

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- Lie on your back with your body straight. Breathe in deeply, and bring your right knee towards your chest as you exhale.
- Grasp the knee or shin and press the knee lightly against the chest. Hold the position while exhaling and inhaling 10 times.
- Place the leg down while exhaling.
- Repeat the exercise on the opposite side.

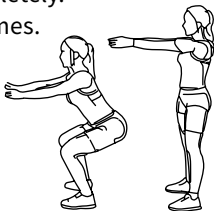


***This exercise is good for  
relaxation and stress relief.  
It stretches the muscles in the  
back and at the back of the thighs.***

# THIS DETERMINATION MADE MY DAY!

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- Stand upright with your legs shoulder-width apart.
- Sit down without touching the floor.
- Sit for 1 second.
- Stand up completely.
- Repeat 8–12 times.

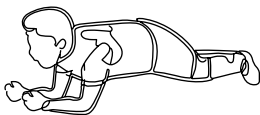


***Squats boost mental resilience  
and determination. They  
activate the large muscle groups  
in the legs, seat and back.***

## THIS STABILITY MADE MY DAY!

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Lean against a table or sofa with straight arms. Do pushups by bending over the elbows. Return by extending the elbows again. The exercise is made more difficult by going down further or putting the feet further back.



***Planking enhances mental  
endurance and stability.  
It strenghtens the core muscles.***