

Moving & Exercise

MOVING OUR BODY IS NOT ONLY USED FOR KEEPING US IN SHAPE. IN FACT, MOVING ALSO HELPS US REGULATE EMOTIONS AND RELEASE EXCESS/UNWANTED (NEGATIVE) ENERGY

1. Yoga

By focusing on breathing techniques, yoga's benefits have been found to increase self-awareness, relieve stress, reduce muscle tension and calms the central nervous system.



2. Dance

DANCE ALLOWS YOU TO NOT ONLY MOVE, BUT TO EXPRESS YOURSELF CREATIVELY (SEE SELF-CARE: CREATE PDF). WITH INCREASED CARDIO MOVEMENT, YOU ARE SURE TO RELEASE A LOT OF NEGATIVE ENERGY.



3. HIITS

WITH HIGH INTENSITY INTERVAL TRAINING, YOU WILL BE ABLE TO GET YOUR MIND OFF OF WHATEVER IS CAUSING STRESSING YOU OUT AND RELIEVE SOME STRESS!

