

Essential Elements for a Balanced You

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Yoga means to “yolk” or “unite”. It is a way to **connect** YOU to who you are and YOU to who and what is around you. The best way to improve your day is to tend to your physical, mental and spiritual states. . . the rest falls into place.

Cater to your mind. . .

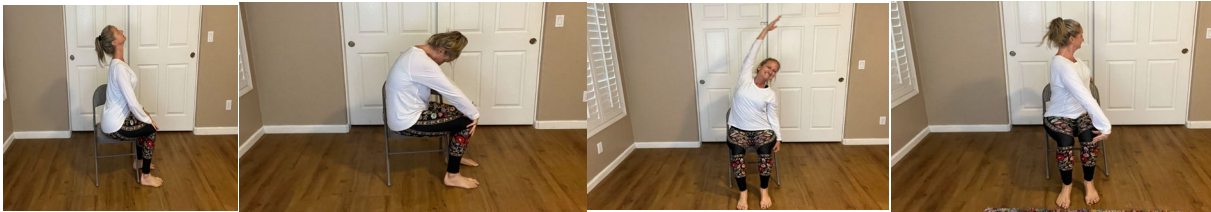
Hydrate!

Develop your morning routine - one without electronics
Set aside some time to just **breathe and be** (i.e. meditate)

Take good care of your body. . .

Hydrate!

Move your spine in all 6 directions (forward, back, side to side, and twist both ways)



Push, pull, squat. Strengthen and stretch your front ½, back ½, and what’s below the belt



Tune into your spirit. . .

Hydrate!

Connect!

For what are you grateful?

Who can you serve today?

Assess daily challenges ... What can you ditch or switch?

In summary, and not necessarily in this order:

Hydrate! Connect! Move your spine in all 6 directions. Push, pull, squat. Breathe and be.