



Course

Health and Wellness in the Modern World



Maria Posa
@MariaPosa8

Introduction

About the course

- Understand human behaviors.
- Habits hindering your mental & physical health.
- Strategize, set goals, recognize strengths and skills to make meaningful lifestyle change.

The information provided in this course is educational.

*My intention is not to judge or criticize you.
I hope this course gives you the chance to make
your decisions and spring you into action.
The promise of a healthier, happier you starts
with your own desire to change.*

Maria P.

About the teacher

- Maria Posa
- Colombiana
 - Physical Therapy
- USA 2007
 - Master's Acupuncture and Oriental Medicine.
 - Yoga Instructor RTY 200.
 - Personal Trainer.
 - Health Coach (in progress).

Health coaching

- Support making lifestyle change.
- Determine how to set and reach goals.
- Strategies to make meaningful lifestyle changes.
- What inspires you to change?

How to approach this course

- Have an open mind.
- Be compassionate, loving, non-judgmental to yourself.
- Share!
- Thank you for your time and happy learning!



Behaviors and change

Health and wellness

- Health: complete physical, mental & social well-being.
- Emotional, mental, financial, intellectual, occupational, social & spiritual factors.

Health is the ultimate goal and wellness is the way to achieve it.

Behaviors

- Expressed reaction to internal & external stimuli.
- Influencing factors:
 - Personality, culture, religion.
- Can be changed.
- Driven by thoughts, feelings, attitudes & values.

Habits

Behaviors that become automatic.

Three-step process:

1. Cue or trigger
2. Response
3. Reward

Behaviors and Health

- Physical activity
- Healthful eating
- Stress management
- Rest and recovery

Changing behaviors

- Incredibly challenging.
- Habit loop in the brain / automatic.
- Change = Out of the comfort zone.
- Rewire your brain / new habit loop.

Common pitfalls & solutions

PITFALLS	SOLUTIONS
Trying to change everything at once.	Prioritize.
Start with a large, deep rooted habit.	Make small changes first.
Not changing your environment.	Support group - Avoid triggers.

Negative thoughts & behavior change

- Negative self talk affects behaviors.
- Challenge the truth to your thinking.
- Accept your human nature.
- Takes time to rewire your brain with a new behavior.

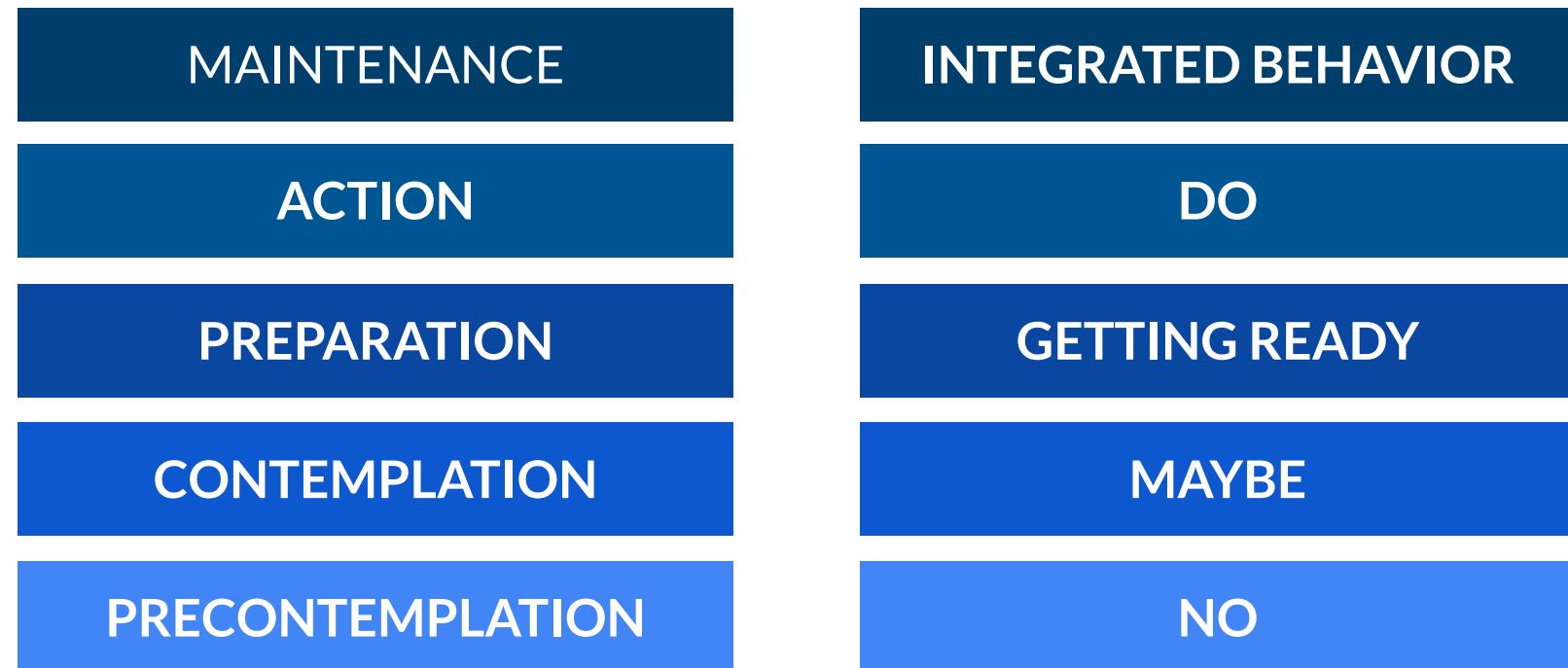


Homework

HABIT	CUE	REWARD	NEW ROUTINE	PLAN
Smoking.	Stress.	Relaxation.	Going for a walk.	When I feel like smoking, I will instead _____.

The Transtheoretical Model of behavior change

The Transtheoretical Model of behavior change



Precontemplation

- No intention to change.
- Lack of awareness / avoidance.
- Awareness but feeling powerless.
- Other people's concern.
- Key:
 - Recognizing behavior threatens your health.

Contemplation

- Thinking about the possibility to change.
- Not ready just yet.
- Ambivalence.
- Key:
 - Consider roadblocks, strategies to overcome them.

Preparation

- Decision to make a change has been made.
- Preparing to take action.
- Recognize benefits of making the change.
- Initial steps taken.
- Key:
 - Efficient Goal Setting.

Action

- Incorporating the change in daily routine.
- Normal to struggle sticking to the new plan.
- Key
 - Confidence facing & overcoming barriers.
 - Sustained support.
 - New strategies to stick to the plan.

Maintenance

- New behavior practiced for 6 consecutive months.
- Integrated into the regular routine.
- Strategies:
 - Plan ahead to avoid triggers.
 - Support group.
 - Relax.



Homework

What behavior would you like to change to improve your health?

1. Identify what stage are you currently on.
2. Write down 3 strategies you can come up with to help you move to the next stage.
3. Write down your thoughts and please share your experience with this exercise on the Discussion Board.

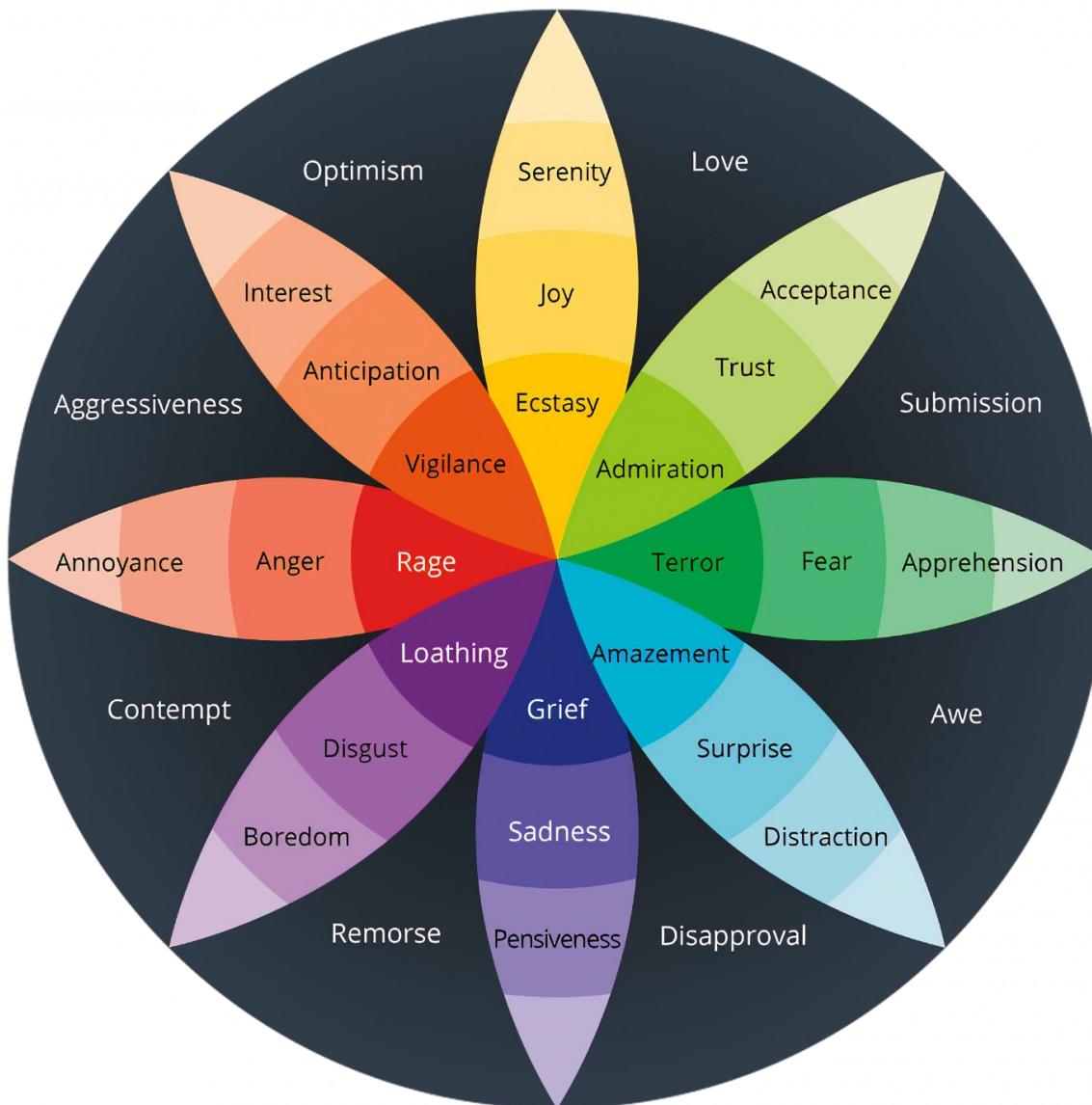


Emotional intelligence

Emotions

- Feelings - physical & psychological changes.
- Influence behavior - driving force motivation.
- Components:
 - Personal experience.
 - Biological reactions.
 - Cultural & religious influences.

Plutchik wheel of emotions



Emotional intelligence

- Recognize, understand, manage & regulate emotions.
- Challenge negative, unproductive thoughts.
 - State the facts.
- Notice the relationship between thoughts, emotions, behaviors.

Thinking errors

Mind Reading	Catastro-phizing	Generalizing	Emotional Reasoning	Demands	Focus	Criticizing
Assume the opinion of others about your behavior.	Predicting how things will happen.	Never / always statements.	Rely on your emotions instead of the facts.	Must, should and have to statements.	Ignoring your strengths. The value of the situation.	Putting yourself down. Not recognizing your value.

Uncovering negative thoughts

A	B	C	D	E
Activating event	Beliefs	Consequences	Disrupt	Effect
Identify the trigger.	The pre programmed chatter in your mind.	Emotional & behavioral.	State the facts. Detach from the situation.	How an objective non emotional approach leads to more productive behaviors.

Character strengths

- Parts of your personality that make you authentic.
- Gifts, skills, characteristics that make you unique.
- Recognizing your strengths to amplify them.
- Wisdom:
 - Focus on the CS makes you 9x more likely to succeed.

Character strengths

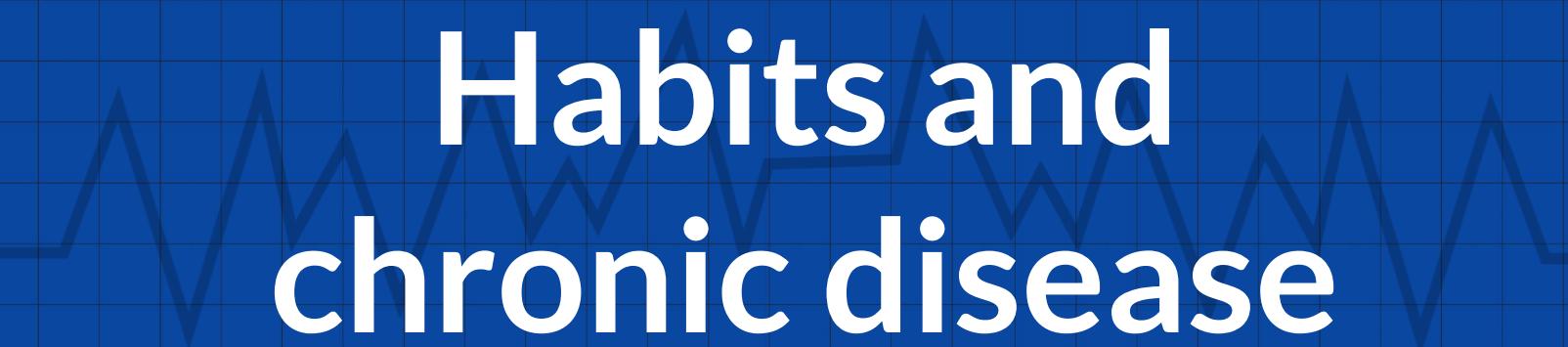
Virtues:

Wisdom	Courage	Humanity	Justice	Temperance	Transcendence
Creativity, learning, curiosity, perspective.	Bravery, perseverance, honesty, zest.	Kindness, empathy, social skills.	Fairness, teamwork equality.	Forgiveness Humility, self-regulation.	Appreciation hope, spirituality, gratitude, humor.



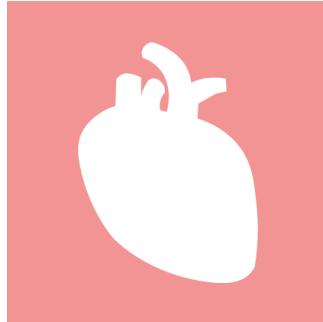
Homework

Situation	Emotion	NAT	Evidence supporting NAT	Evidence against NAT	Alternative thought
Identify the patterns that can be modified.	What do you feel? Use the Plutchik wheel. Can you name it?	What was happening in your mind when you feel this way?	What are the facts? Do they support your thoughts?	Could you argue against the validity of your thought?	When detached, what thoughts reflect the actual situation you face?

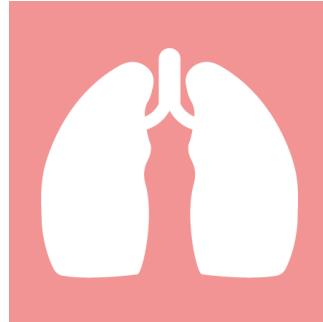


Habits and chronic disease

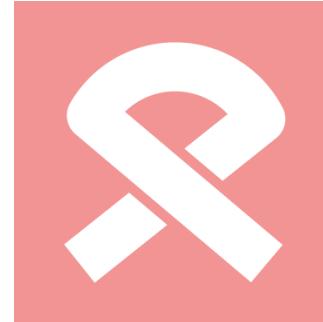
Chronic diseases



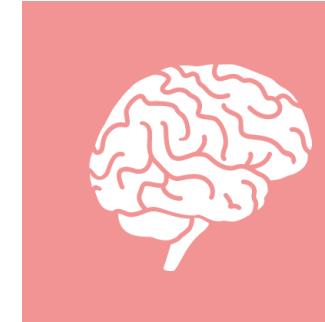
Heart disease



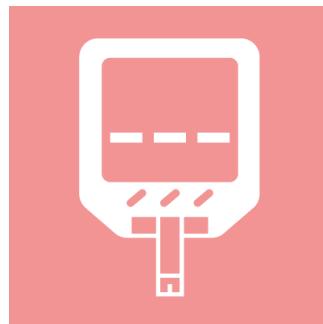
COPD



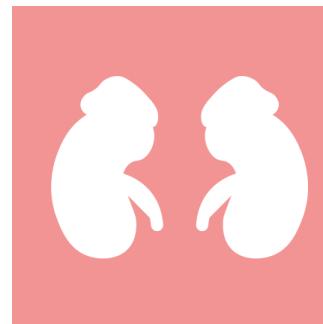
Cancer



Alzheimer's



Diabetes



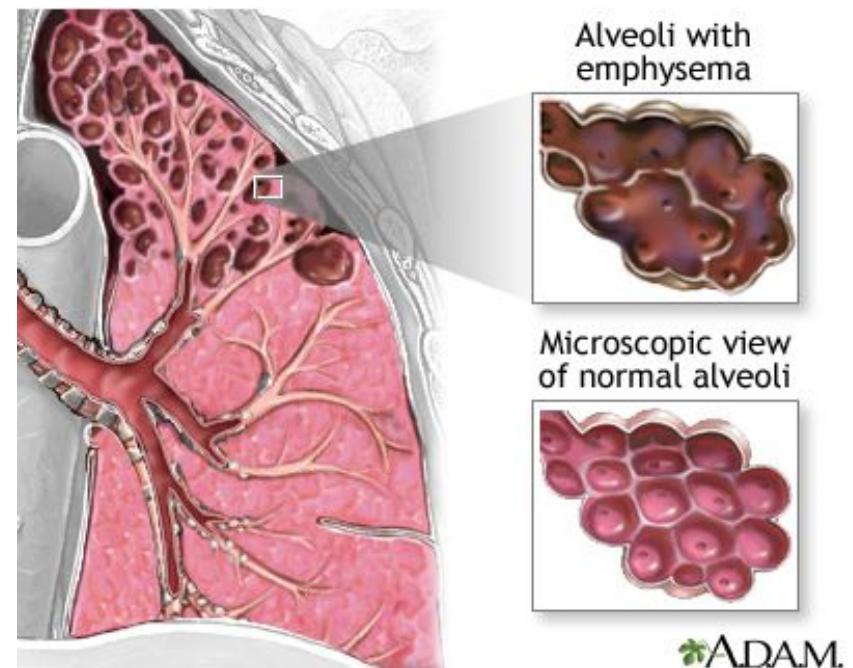
Kidney disease



Stroke

Chronic Obstructive Pulmonary Disease (COPD)

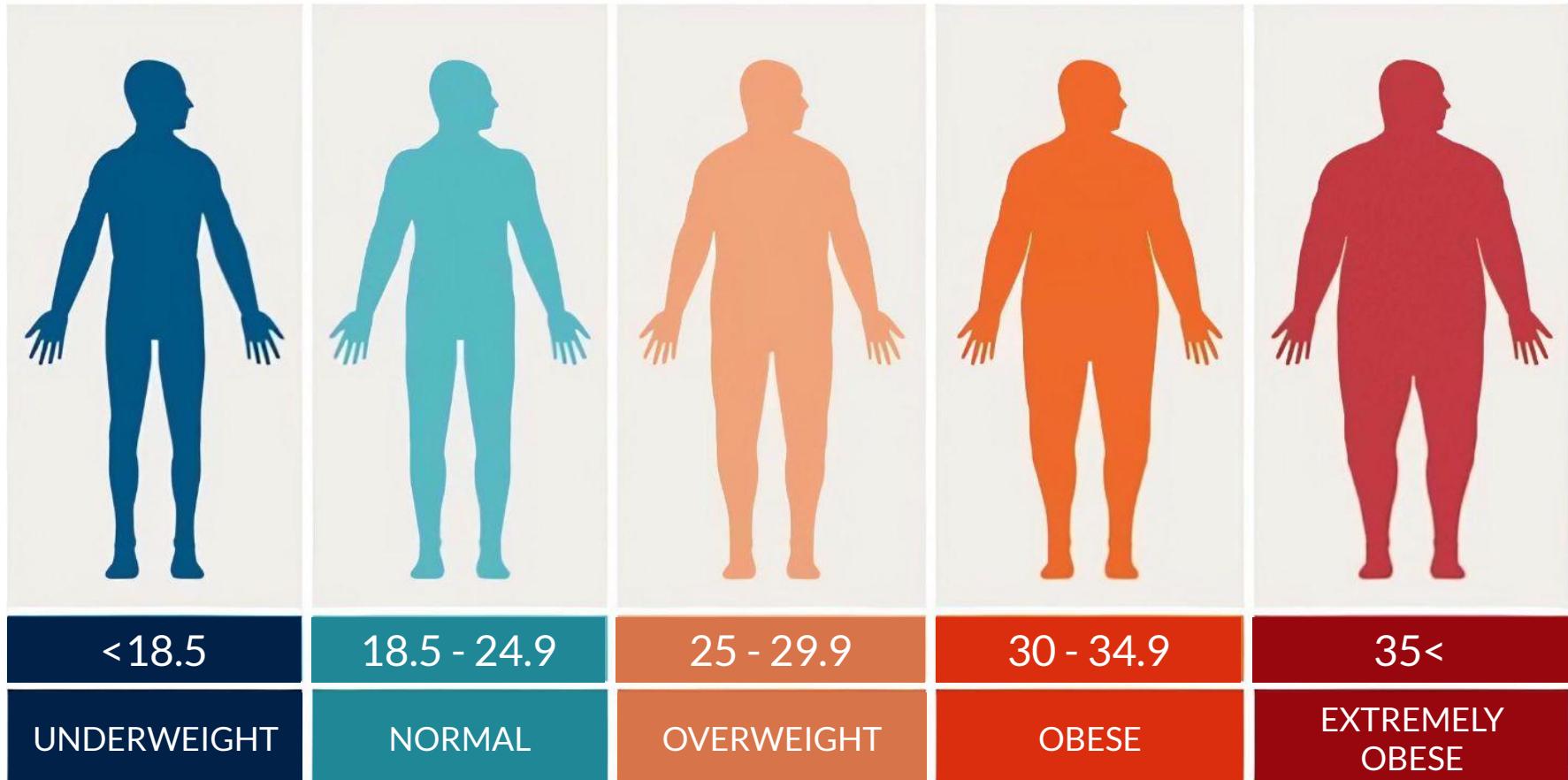
- Chronic inflammatory lung disease.
- Obstructs the airflow.
 - Emphysema
 - Chronic Bronchitis
- Symptoms:
 - Cough
 - SOB
 - Fatigue



Obesity



$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$



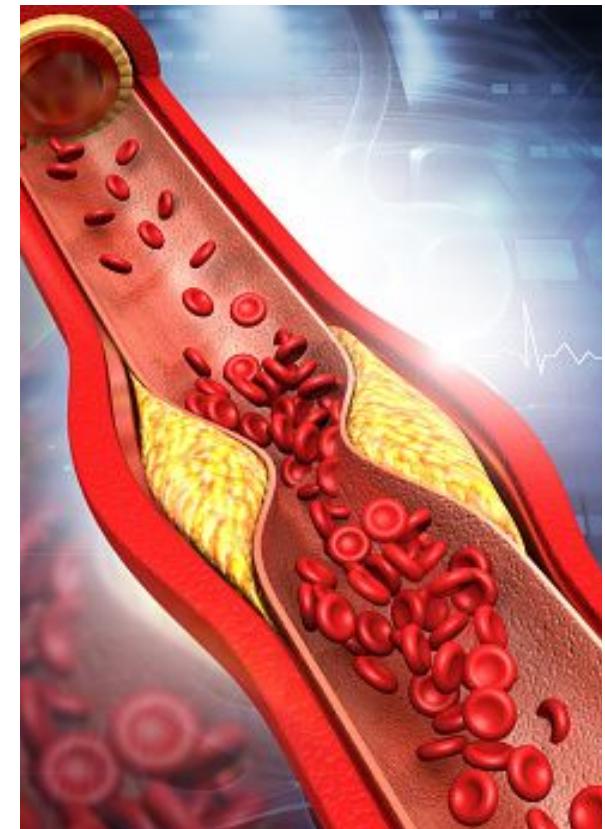
Type II Diabetes

- Glucose levels too high.
- Insulin stops working.
- Symptoms:
 - ↑ thirst / hunger
 - Frequent urination
 - Fatigue
 - Blurred vision
 - Slow healing



Arteriosclerosis

- Narrowing & hardening of arteries.
- Buildup of fatty plaques in endothelium.
- Causes HBP, heart attack, stroke.
 - Angina
 - SOB
 - Arrhythmia



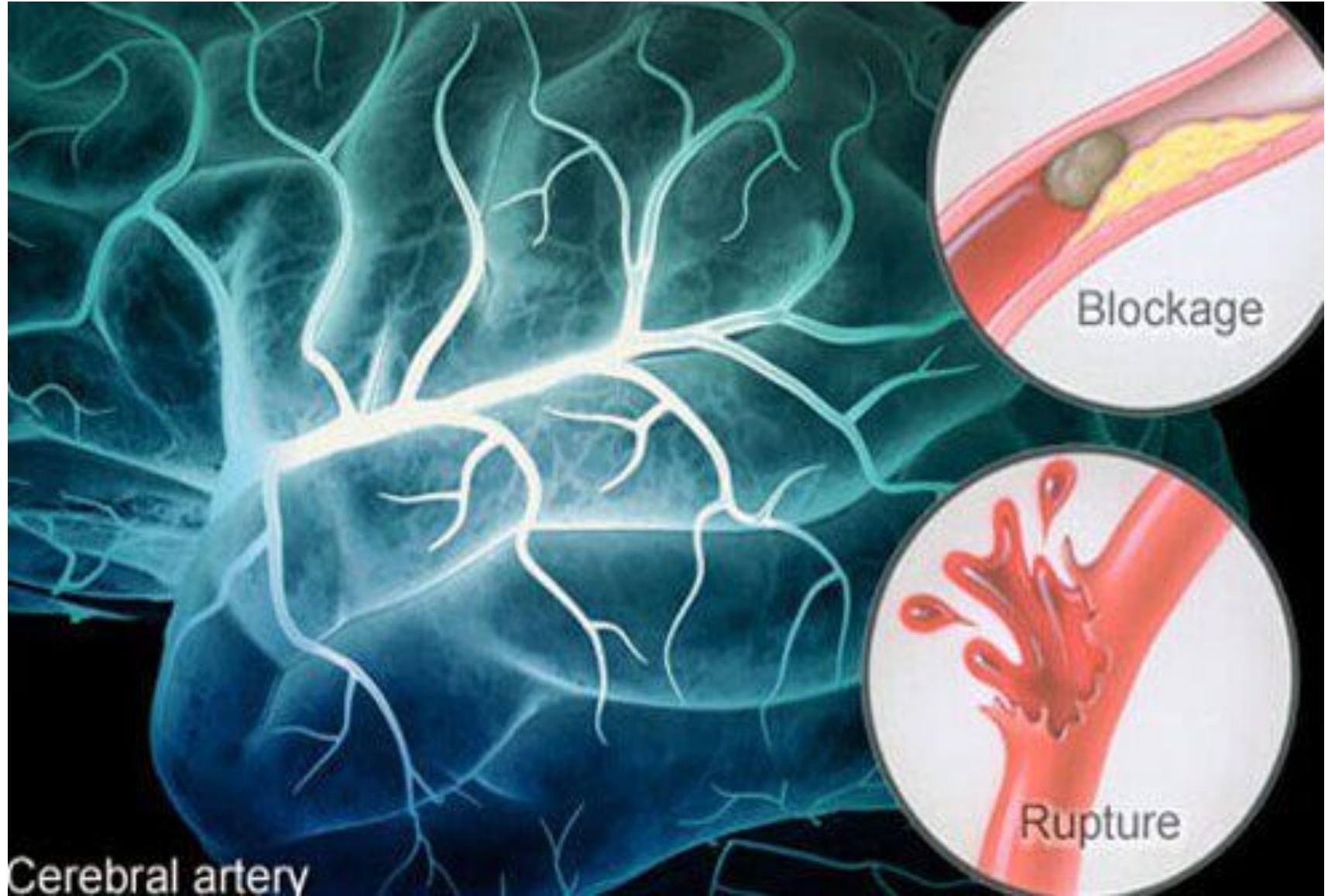
Blood pressure

- Blood force against endothelium.
- The resistance of the blood vessels.
- Risk factor: stroke - heart disease.
- Systolic BP:
 - Heart squeezes blood out.
- The Diastolic BP:
 - Pressure arteries - heart rests.



Blood pressure categories

BLOOD PRESSURE	SYSTOLIC	DIASTOLIC
NORMAL	Less than 120 mm Hg	Less than 80 mm Hg
ELEVATED	120 - 139 mm Hg	80 - 89 mm Hg
HBP	140 - 159 mm Hg	90 - 99 mm Hg





Is it a stroke?

Act **F.A.S.T.**



FACE
droops



ARM
weakness



SPEECH
difficulty



TIME
is critical.



Homework

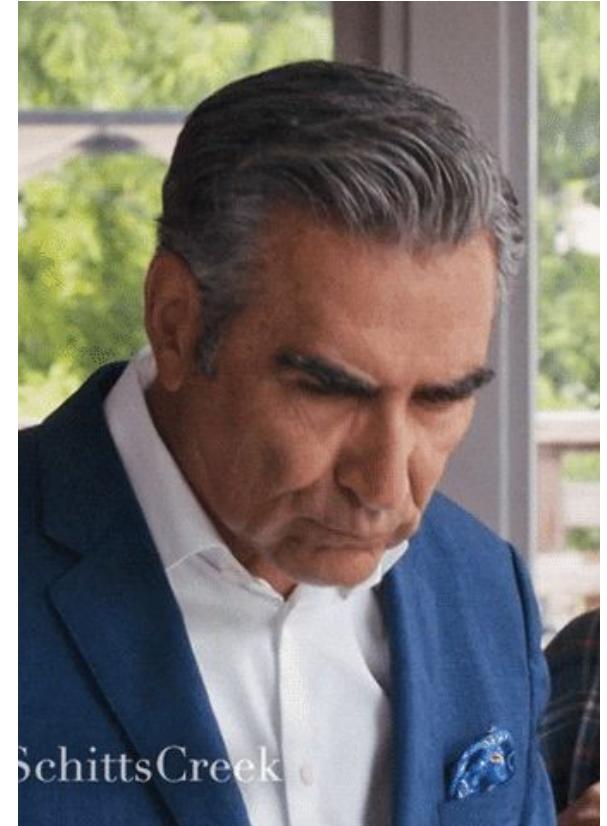
1. Take your blood pressure.
2. Do you have to make any changes to improve it?
3. Calculate your BMI. Is it normal?
4. How do you think you could improve it?



Nutrition

Mindful eating

- Slow down
- Awareness:
 - Taste
 - Texture
 - Feelings
- Listen to your body



Follow a healthy dietary pattern at every life stage.

Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Focus on meeting all food groups stay within the calorie limit.

Enjoy nutrient-dense food and beverage reflect your preferences, cultural traditions, and budget.



Nutrient density

Minimum

Maximum



Beware of processing that separates food ENERGY from its NUTRITION, leaving you with nutrient-devoid edible products – devitalized dead food which provides dangerously high energy with no macronutrient satiety.

This is the cause of INSULIN RESISTANCE and OBESITY

Vegetables

Dark Green	Red - Orange	Legumes	Starchy
Vitamin A, C, K fiber, folate, magnesium, calcium, iron, potassium.	Antioxidants, carotenoids promote eye health. Rich in vitamin A, K and C.	Rich in protein, fiber and healthy carbs, antioxidants support digestion and heart.	Fiber, antioxidants, vitamins and minerals. Rich in sugars and carbs.

Fruits

Berries	Citrus	Apples	Rich in Potassium
Anthocyanin. calcium, magnesium, manganese. folate, iron, vitamin C & K.	Fiber. Vitamin C Prevents Kd stones. Citrate.	Quercetin: antiox, anti infl. Immune s. Pectin: fiber; prevents constipation, lowers LDL. Good bacteria in colon.	Bananas, melons, oranges, dates, peaches.

Grains

- Fiber:
 - Cholesterol - digestion.
- B vitamins:
 - Energy - health of NS.
- Minerals:
 - Magnesium: muscle - nerve - BP - immune s.

Dairy

- Great debate & controversy.
- Rich in calcium & vit D.
 - Bone health.
- Source of protein.
- Cultured / Probiotics:
 - Promote digestive health.



Protein

Red Meat	Poultry	Fish	Eggs
Vit B. Iron. Zinc. Selenium.	Vit B. Choline. Tryptophan. Zinc. Iron - Copper.	Omega fatty acids. Iodine - Thyroid. Vit D - B. Niacin.	Lutein. Zeaxanthin . Choline.

Nutrition Facts

4 servings per container

Serving size 1 cup (227g)

Amount per serving

Calories

280

% Daily Value*

Total Fat 9g

Saturated Fat 4.5g

Trans Fat 0g

Cholesterol 35mg

12%

Sodium 850mg

37%

Total Carbohydrate 34g

12%

Dietary Fiber 4g

14%

Total Sugars 6g

Includes 0g Added Sugars

0%

Protein 15g

Vitamin D 0mcg

0%

Calcium 320mg

25%

Iron 1.6mg

8%

Potassium 510mg

10%

1

Serving Information.

2

Calories.

3

Nutrients.

4

Daily Value (%DV).

A serving of food is high or low in a nutrient.

- 5% or less is **low**.
- 20% or more is **high**.



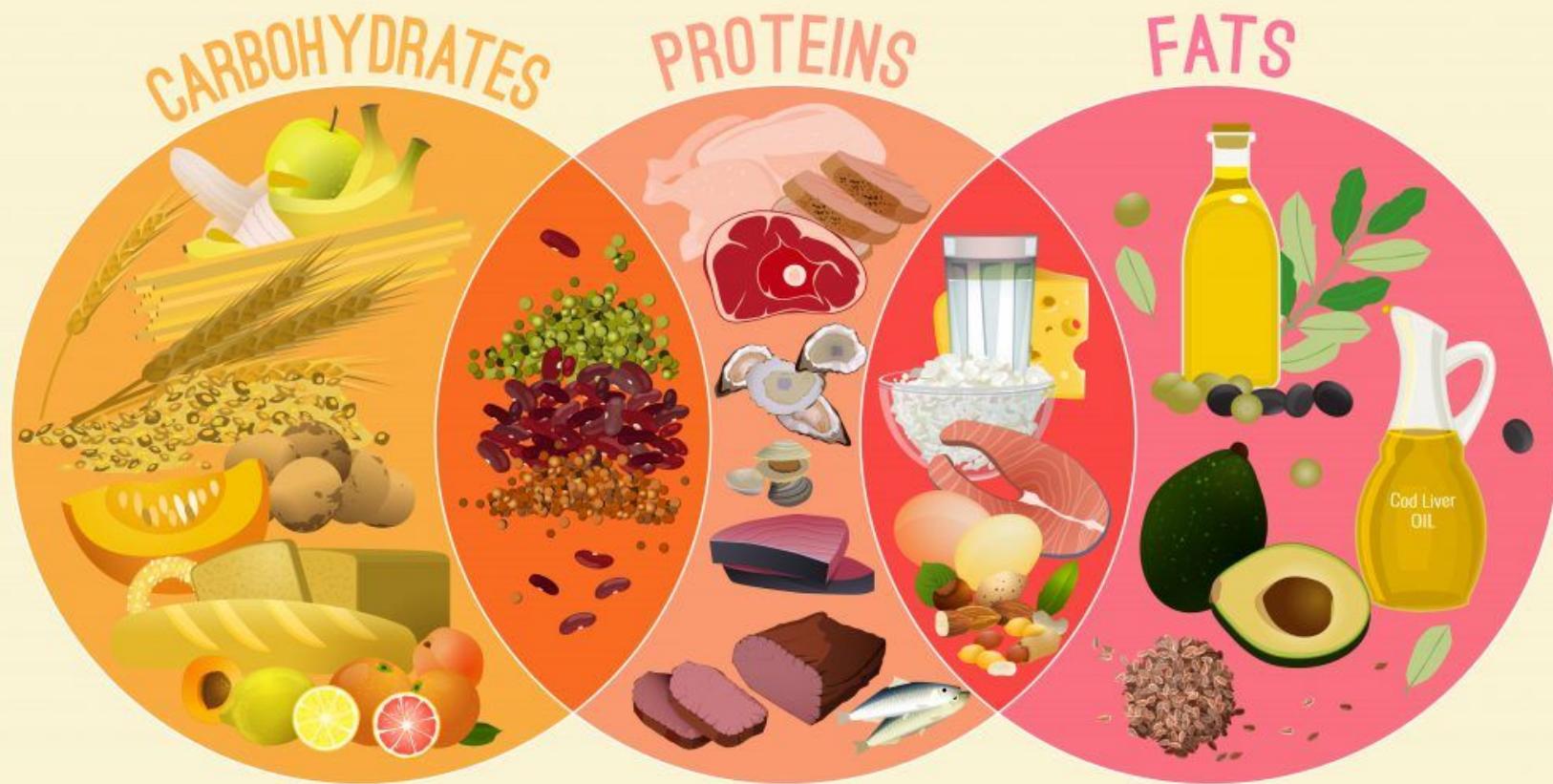
Homework

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1				
DAY 2				
DAY 3				

Understanding micro & macronutrients

MACRONUTRIENTS

A SIMPLE GUIDE TO MACROS

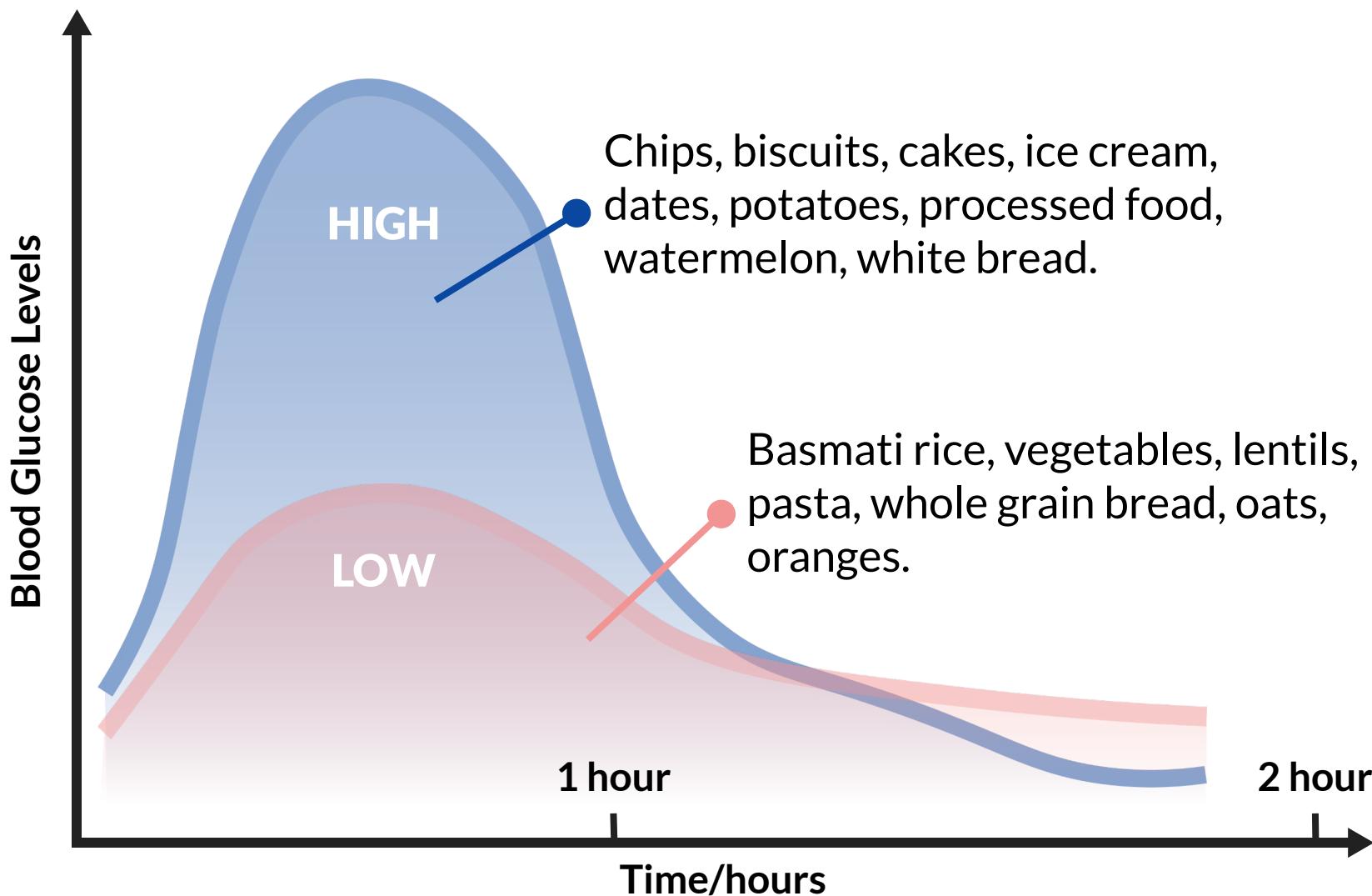


<https://sukhis.com/what-are-macros/>

Good carbs vs bad carbs

Complex carbs	Simple carbs
Low in calories	High in calories
They are full of nutrients	Lacking in nutrients
Not full of sugar	Full of sugar
Full in fibre	Low in fibre
Low in sodium	High sodium levels
Low in saturated fat	High in saturated fat
No trans fats	Full of trans fats

High GI vs Low GI foods





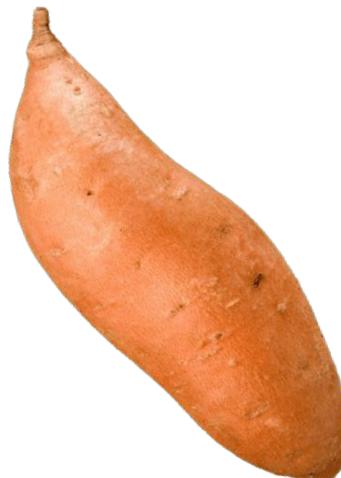


- Long term store of E.
- Protection: organs, muscles and bones.
- Fuel for breathing and mental processes.
- Trans & saturated ^ cholesterol.
- Unsaturated. Promote good cholesterol.

Macros 101

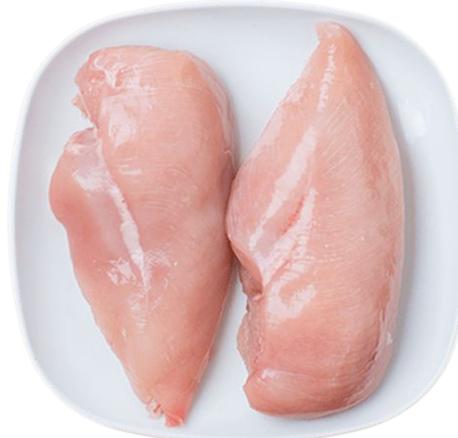
Carbs

1 gram = 4 cals.
ex: rice, potatoes,
+ fruit.



Protein

1 gram = 4 cals.
ex: chicken, tuna, +
cod.

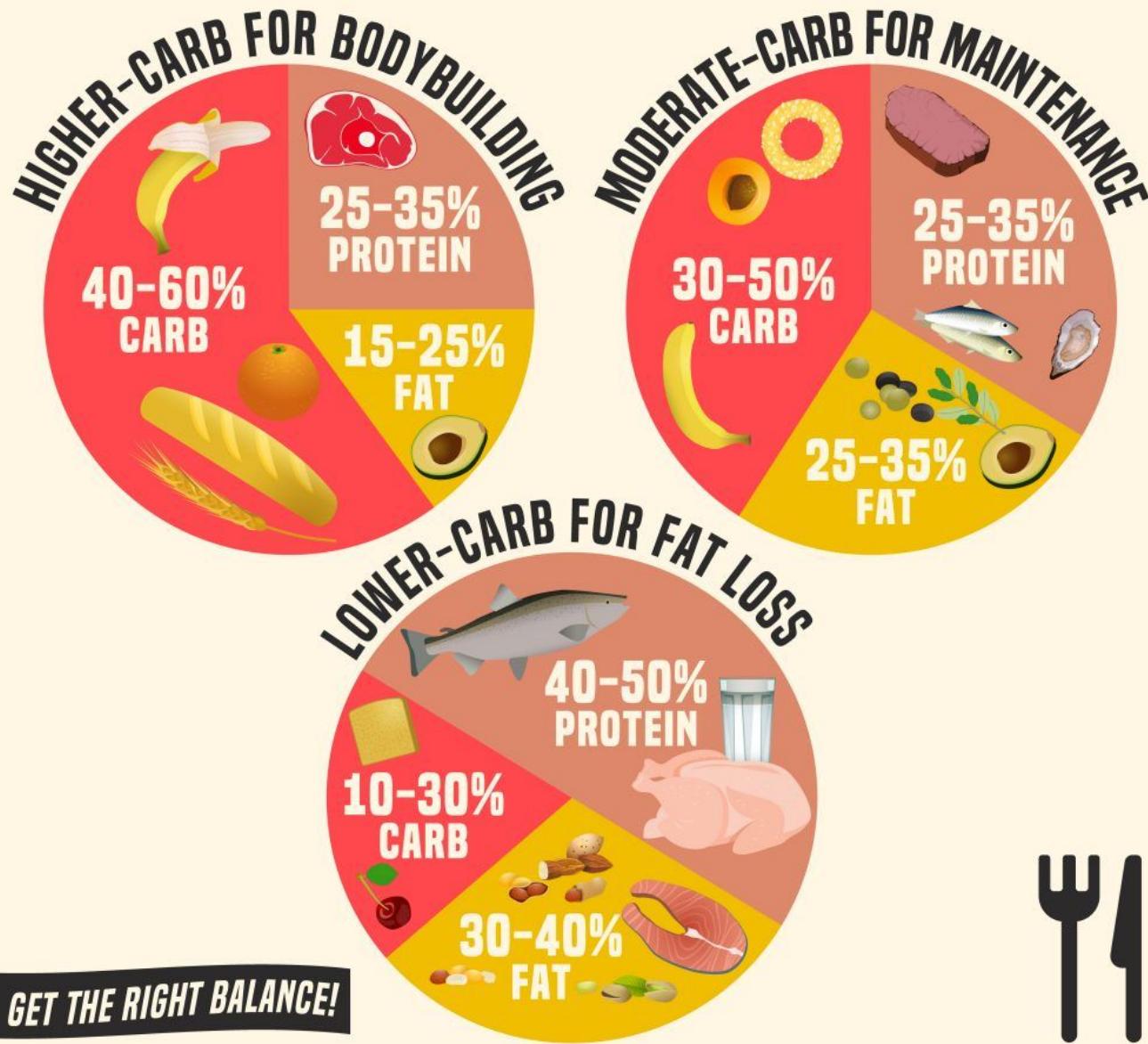


Fats

1 gram = 9 cals.
ex: avocado, nuts,
+ oils.

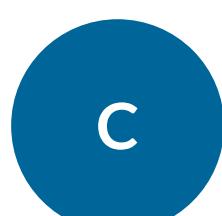


CRAFTING YOUR MACRONUTRIENT RATIO



Micronutrients

Vitamins



Minerals



Fat soluble vitamins



A

Vision,
reproduction, bone
health, immune
system & skin.



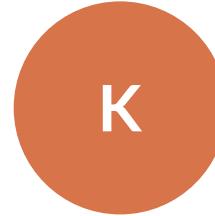
E

Immune
system.
Flushes toxins.



D

Strengthens bones,
calcium absorption,
immune system.



K

Blood,
clotting,
bones health.

Water Soluble Vitamins



Thiamine



Riboflavin



Niacin



Pantothenic
Acid



Pyridoxine



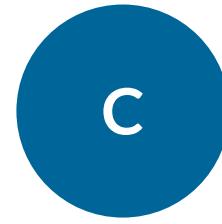
Biotin



Folate



Cobalamin

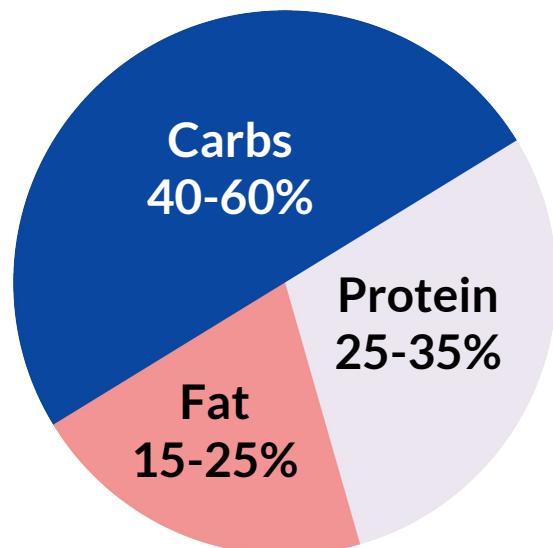


Ascorbic Acid

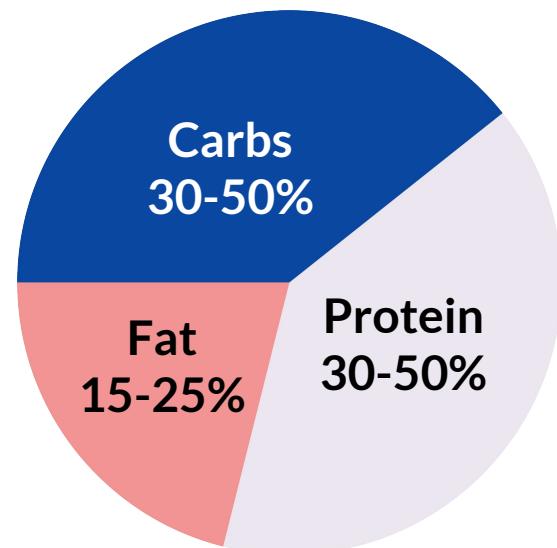


Homework

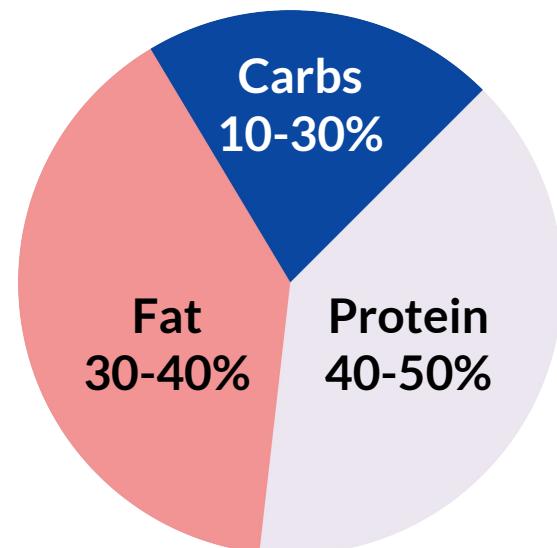
Building muscle
High-Carb

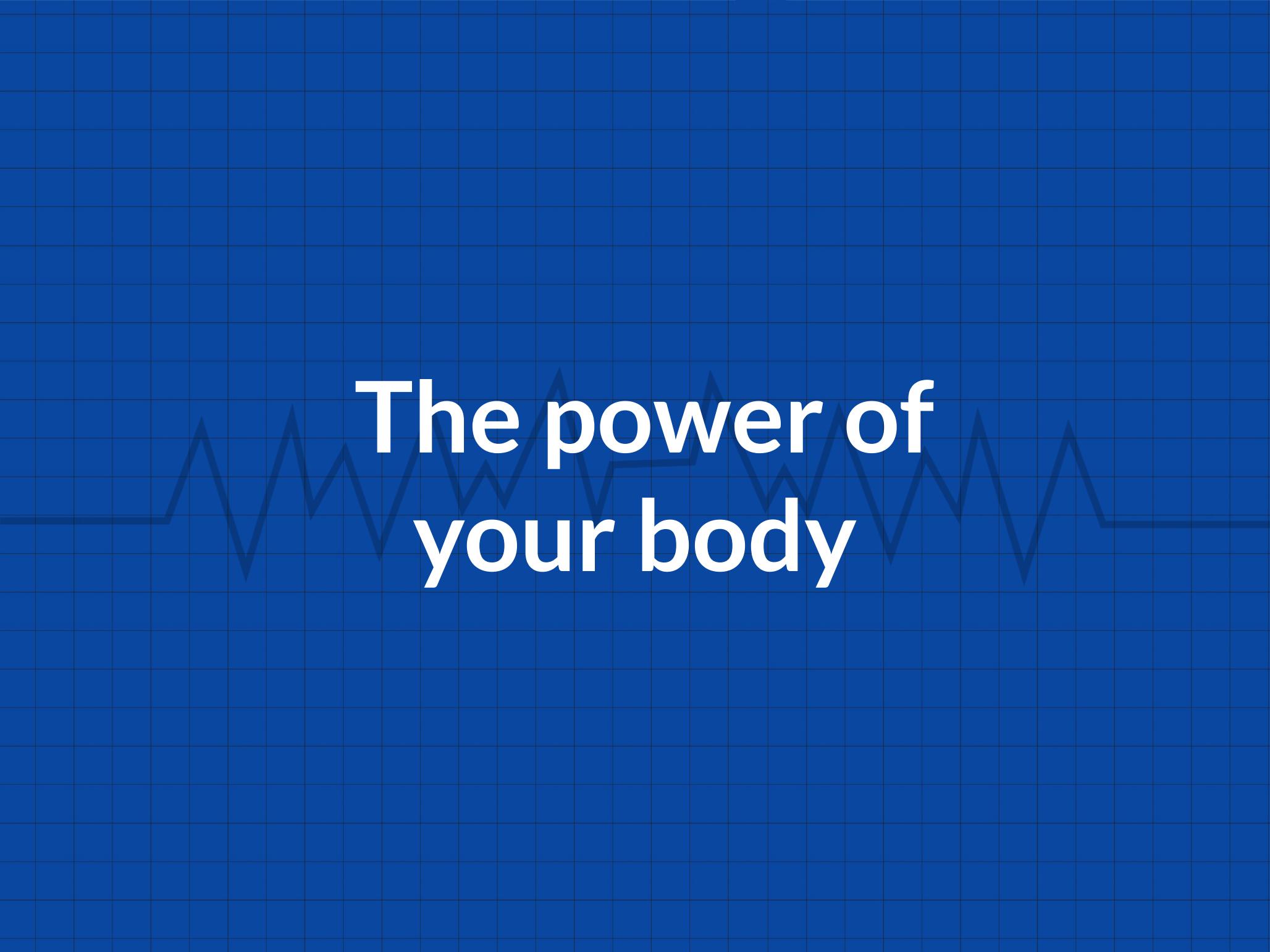


Maintenance
Moderate-Carb



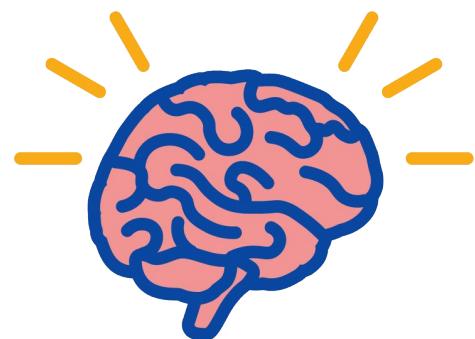
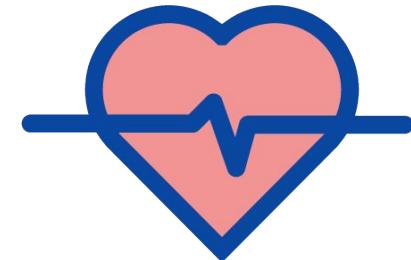
Fat loss
Low-Carb





The power of
your body

The benefits of exercise



Cardiovascular health

- Helps your heart work more efficiently.
- Reduces the risk of arteriosclerosis.
- Reduces blood pressure.
- Decreases incidence of heart disease & stroke.

Reduces the risk of Diabetes II

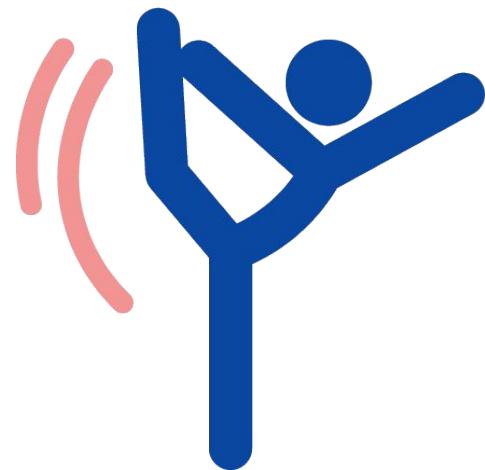
- Triggers the uptake of glucose from the bloodstream into your working muscles.
 - 70 - 80%
- Healthy release and function of insulin.
- Reduces abdominal fat & systemic inflammation.

Promotes mental health

- Reduces anxiety.
- More energy - better mood.
- Focus - cognitive function.
- Improves sleep.



The components of exercise



Be active

at least
150
minutes
moderate intensity
per week

increased breathing
able to talk



OR
or a combination of both

at least
75
minutes
vigorous intensity
per week

breathing fast
difficulty talking



Build strength

on at least
2 days a week



Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls
Improve balance
2 days a week

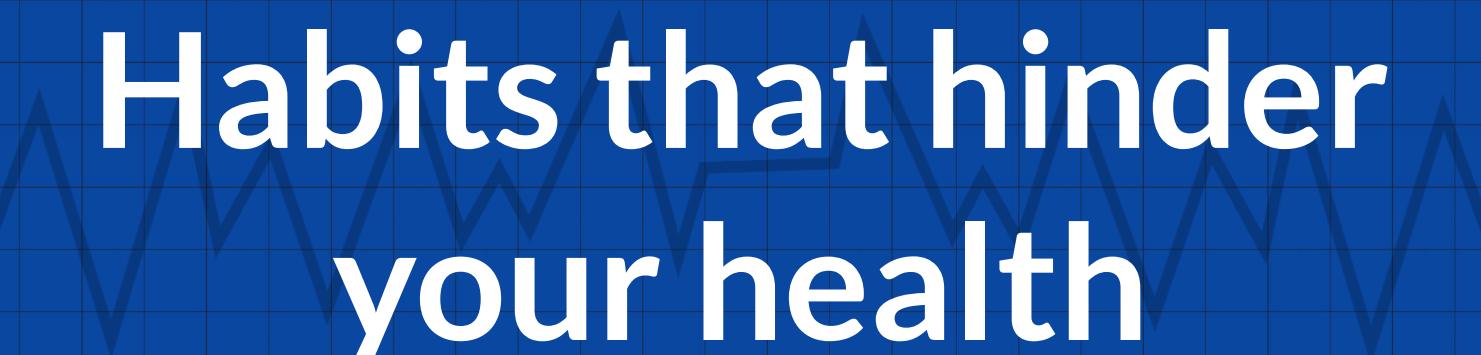




Homework

MY PHYSICAL ACTIVITY LOG

ACTIVITY		
DURATION		
INTENSITY		
FREQUENCY		



Habits that hinder your health

Staying up late

Weight gain	Ghrelin rises. Increase hunger.
Cognitive disorders	Poor reasoning, problem solving, decision making.
Dementia	Amyloid proteins not washed off. Alzheimer's.
Depression	Emotional fragility, altered perception.
Heart disease	2X more risk of heart attack and stroke.
Immune system	Cytokines increase, systemic inflammation, low immune response.

Sleep hygiene

- Dark environment:
 - Melatonin.
 - Blue light.
- Avoid working in bed.
- Follow a schedule.
- Create a soothing ritual.



Smoking

- Cardiovascular:
 - Arteriosclerosis.
 - High blood pressure.
- Cancer:
 - 80 - 90% lung cancer.
- Respiratory:
 - COPD.
- Reproductive system.
- Immune system.



Alcohol

- Cardiovascular:
 - HBP - Arteriosclerosis
- Liver:
 - Toxic metabolites
 - Steatosis
 - Cirrhosis
- Cancer
- Cognitive impairment
- Compromised immunity



Support

- Changing habits is challenging:
 - Be kind to yourself.
 - Relapse is normal.
 - Remember what inspires you to change.
- Support group.
- Withdrawal symptoms.
- Relax!



Triggers

Physical	Smelling - seeing - hand to mouth movement.
Emotional	Ease emotions - relax -boredom.
Behavioral	Rituals around your habit.

**PERSONAL
CONTROL OVER
THE RESPONSES
OF OTHERS**

Interactions.
Relationships.



**PERSONAL
CONTROL OVER
ONESELF**

Self awareness.
Determination.
Self confidence.

**PERSONAL CONTROL
OVER EVENTS**

Problem solving.
Strategize.

Homework

1. Think about a challenging time in your life.
 - What was the most difficult aspect of it?
 - How did you cope with it?
 - Did you get support from someone?
 - What mindset helped you get back on your feet?
 - Do you recognize what character strengths helped you overcome the situation?



Achieving
goals successfully

Why setting goals?

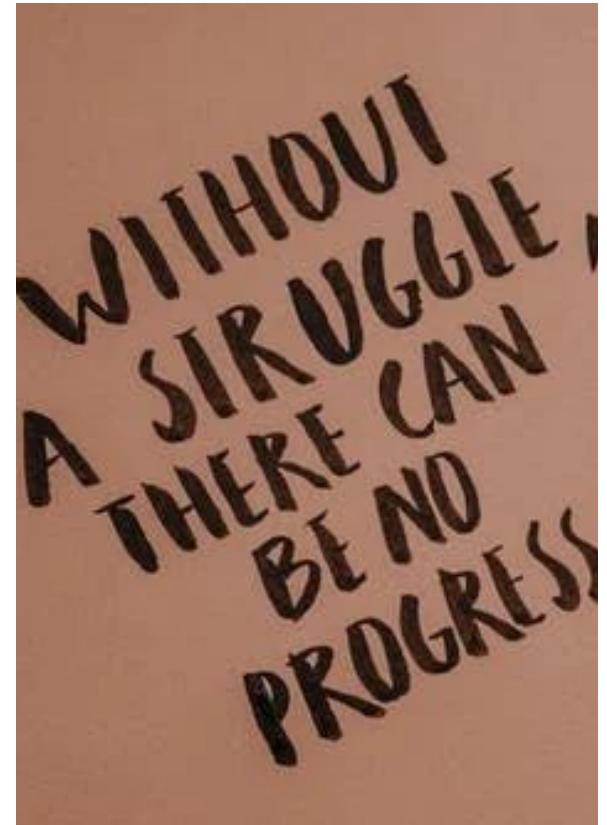
- Focus attention to right activities.
 - ^ Commitment & motivation.
- Determine appropriate actions.
 - Purpose.
 - Direction.
- Accountability.
 - Monitor progress.

SMART

1. Template helps you complete the task.
2. Encourages you to stay motivated.
3. Keeps track of your progress.
 - Confidence.

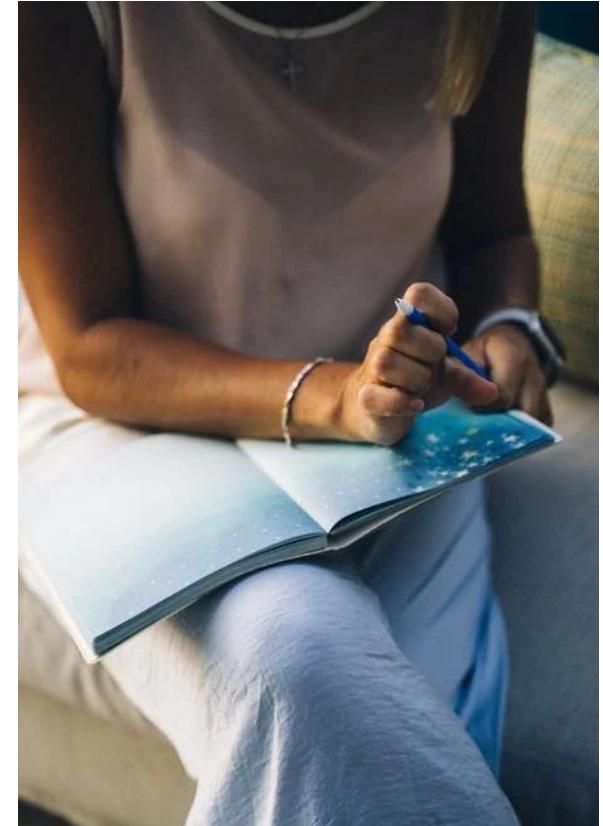
Specific

- What do you want to achieve?
 - Instruction of what to do.
- Why do you want to achieve it?
- How can you make it possible?
 - Define your path clearly.
 - Focus on the progress.



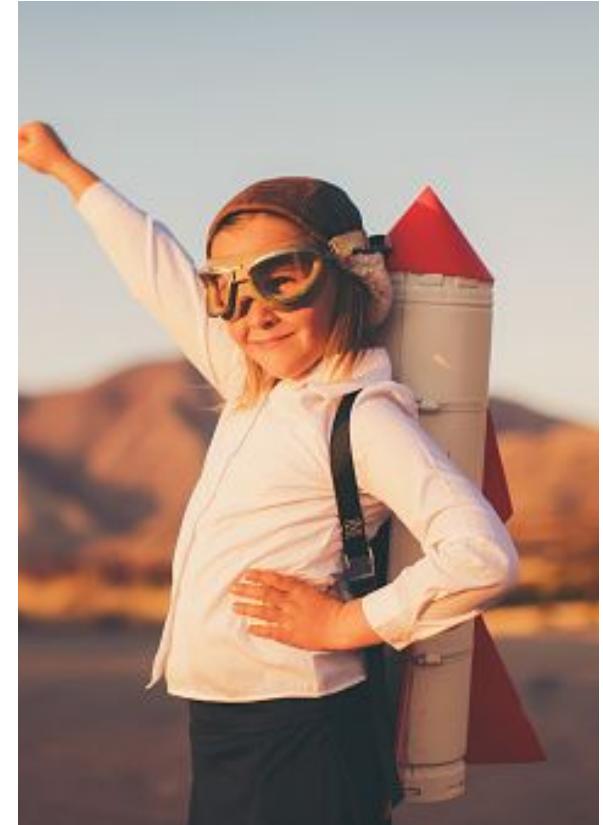
Measurable

- Helps notice your progress.
 - Visual motivation.
- Increases adherence.
 - Stick to the plan.
- Notice your trends:
 - Which situations trigger you?
 - Strategies to face them.



Attainable

- Be ambitious but also realistic:
 - Know your strengths & limitations.
 - Avoid comparing.
- Consider the environment.
- Break down big into smaller ones.



Relevant

- Must be important to you:
 - Inspiration & motivation = success.
- Conviction:
 - Nobody can make you change.
- Determination:
 - Overcome obstacles.



Time Bound

- When you want change to happen?
 - Not too far out in the future.
 - Not in a rush.
- Start with short term goals.
 - Evaluate.
 - Make changes if needed.





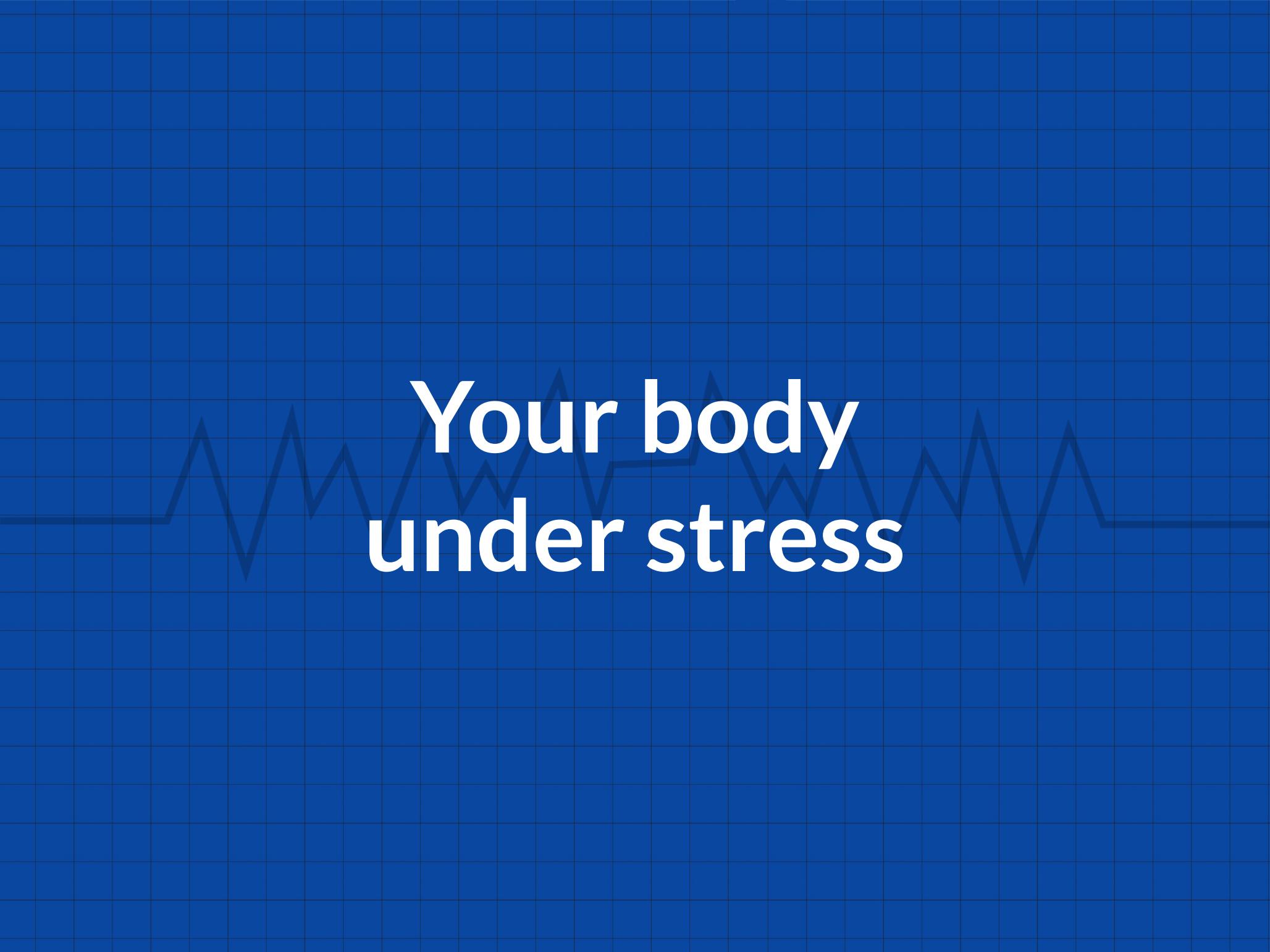
Homework

Template:

“I will [your goal] by [how]. I will know I am making progress because [how will you measure] for [time].”

Example:

“I will **get fit** by **doing cardio and weight training at the gym 4 t/w** for **the next 10 weeks**. I will track my progress by **keeping a workout log** including intensity & frequency.”



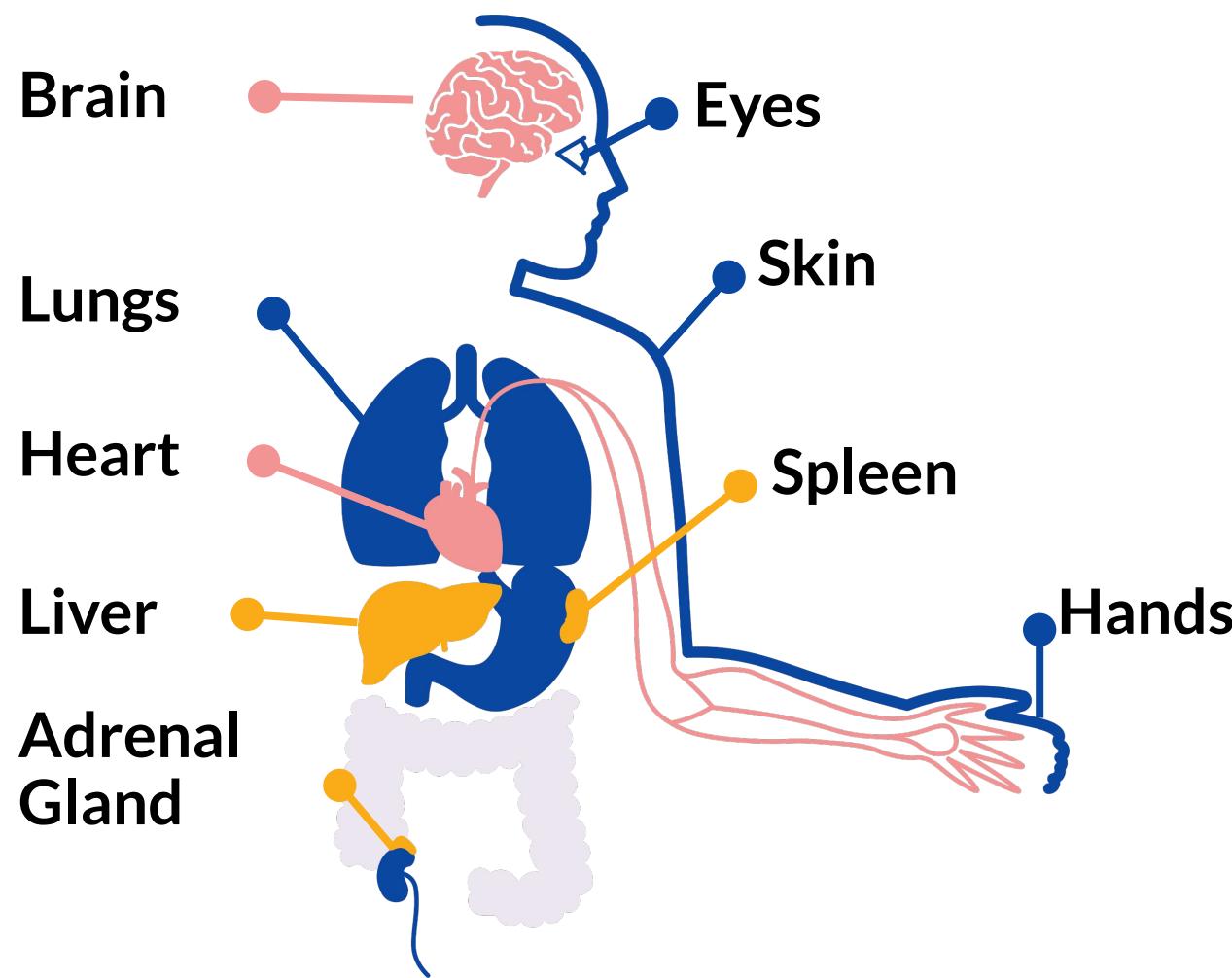
Your body
under stress

The fight or flight response

- Life threatening situations:
 - Sympathetic Nervous System
 - Primal Brain
 - Automatic - Instinctive
- Hormones:
 - Cortisol
 - Adrenaline



Sympathetic Nervous System Activation



Musculoskeletal system

- Muscles contract - protection:
 - Spasm - tightness - pain
 - Neck / back pain / shoulder pain
- Pain hinders exercising
- Pain medication:
 - Addiction
 - Suicide



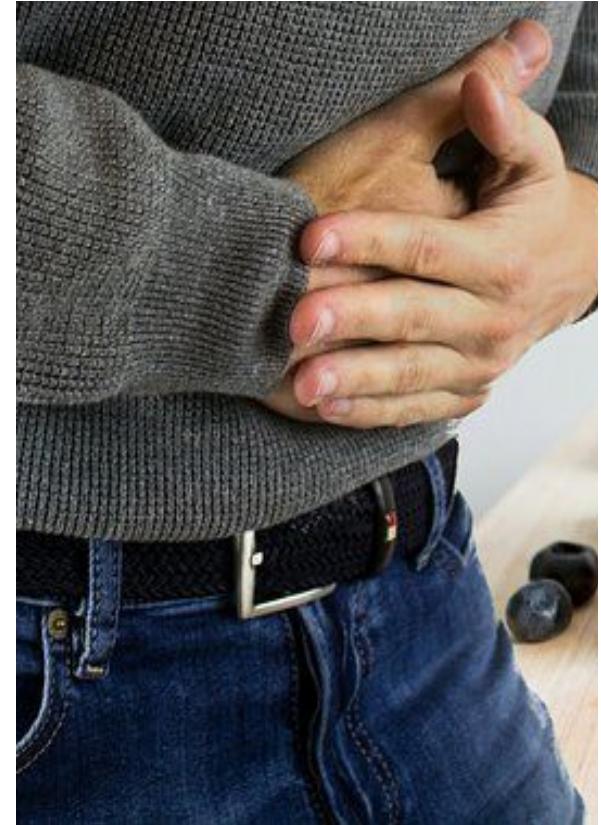
Cardiovascular system

- Respiratory & Heart Rate increase:
 - More O₂ to muscles
 - Less O₂ to internal organs
- Increases Blood Pressure:
 - Heart Disease
 - Stroke



Digestive system

- Liver releases extra glucose:
 - Fuel muscles
 - Can't keep up
 - Risk for Diabetes II
- Increase acid in stomach:
 - Heartburn
- Disrupts intestinal motility:
 - IBS



Immune system

- Initially Boost of Immunity:
 - Infections
 - Healing wounds
- Chronic:
 - Immune system weakens
 - Prone to disease
 - Slow healing





Homework

1. Are you under a considerable amount of stress on a regular basis?
2. Have you experienced any of the symptoms / conditions described in the course?
3. Which activities can be introduced into your routine to help you relax?

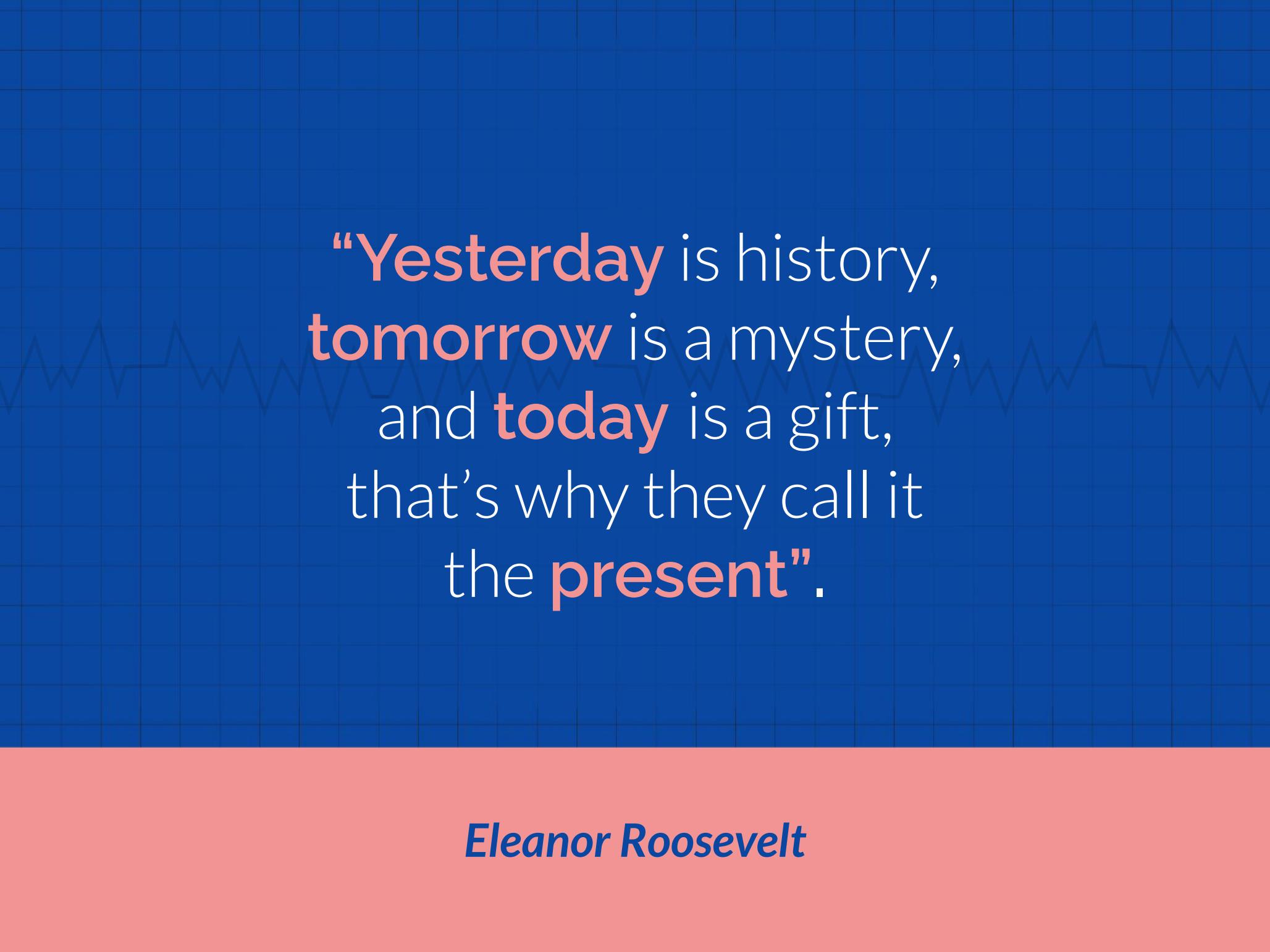


Mindfulness

What is mindfulness?

- Awareness of your experiences.
 - Senses.
 - Thoughts.
 - Emotions.
- Remodels the physical structure of your brain.
- Goal.
 - Recognize mental , emotional, physical processes.



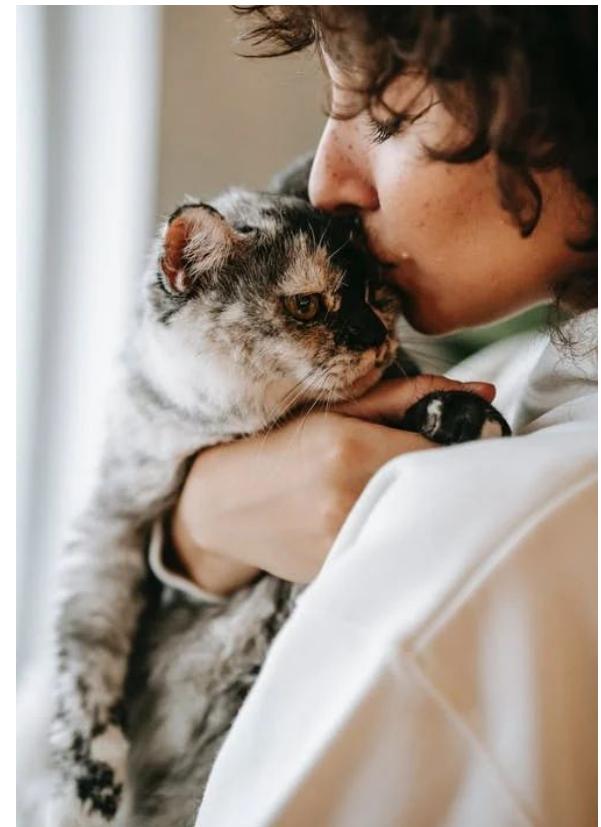


“Yesterday is history,
tomorrow is a mystery,
and **today** is a gift,
that’s why they call it
the **present**”.

Eleanor Roosevelt

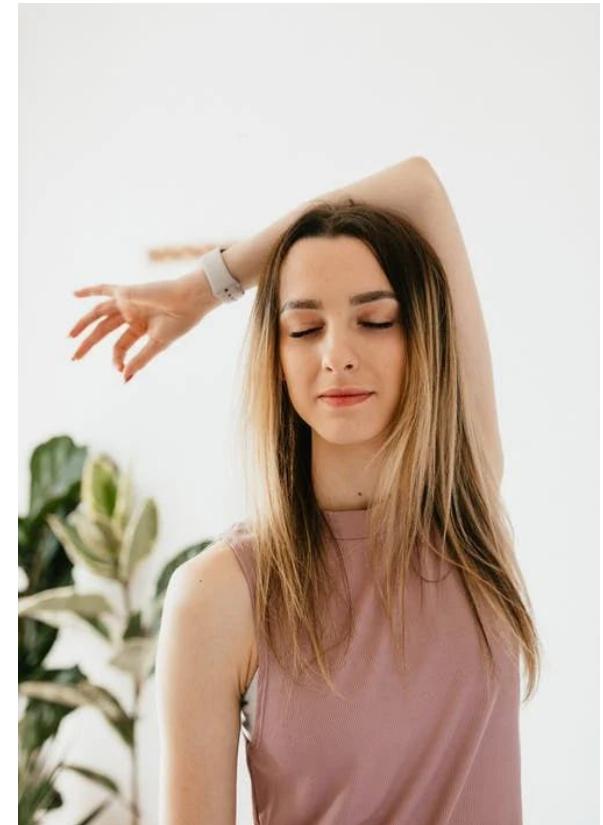
Benefits

- Reduces the impact of stress.
 - How do you perceive the situation?
- Awareness of your thoughts, body, emotions.
- Stop reacting:
 - What are the facts?
 - Judgement based on past experiences.



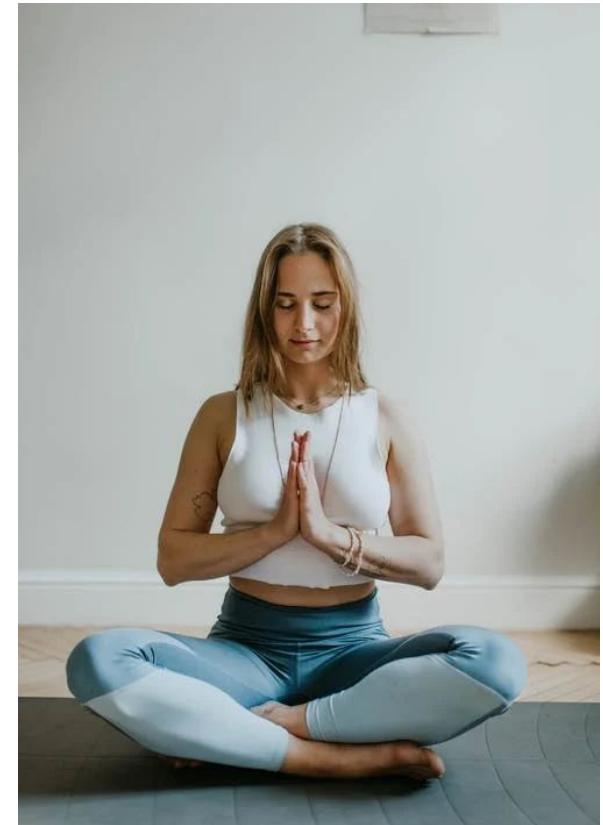
Emotions

- Objective.
- Detach from the experience.
 - Where and how it feels in your body?
 - Doesn't define you.
- Come back to your body.
 - Breathe.



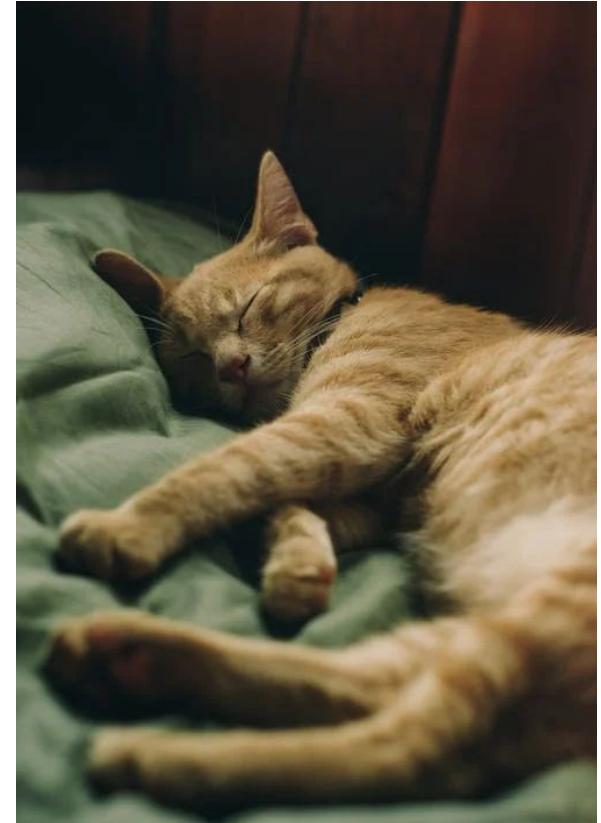
Mindfulness and stress

- How is this situation feeling in my body?
 - Memory triggered?
 - Thoughts / emotions linked to it.
- Be forgiving of yourself and others.
 - Compassion.
 - Human nature.



Mindfulness and sleep

- Awareness of your thoughts.
 - Anxiety triggers.
- Quiet your mind.
 - Meditate.
 - Focus on your breath.
- Body scans.





Homework

1. For an entire day set up an alarm every hour.
 - Are you mindful?
 - Is your body there but your mind somewhere else?
2. Scan your body and mind before you go to sleep.
3. How do you think being present, more mindful affects your daily routine?



Practices that help
you be mindful

Gratitude

- Notice all the good around you.
 - Little things.
 - The beauty of nature.
 - The miracle of your life.
- What you focus on grows!
- Perspective.



Compassion

- Strong awareness.
- The suffering of others makes you feel like helping.
- Expression of love to one who suffers.
- Empathy.
 - Relate to the other's pain/suffering.



Self compassion

- Treat yourself like someone you love.
- Core elements:
 - Kindness.
 - Common humanity.
 - Mindfulness.
- Forgive your flaws and poor choices.



Compassionate communication

- Active listening.
 - Preconceived ideas/judgements.
 - Past experiences.
- Dealing with a difficult person:
 - Distance.
 - Use reason not emotion.
 - Don't justify yourself.



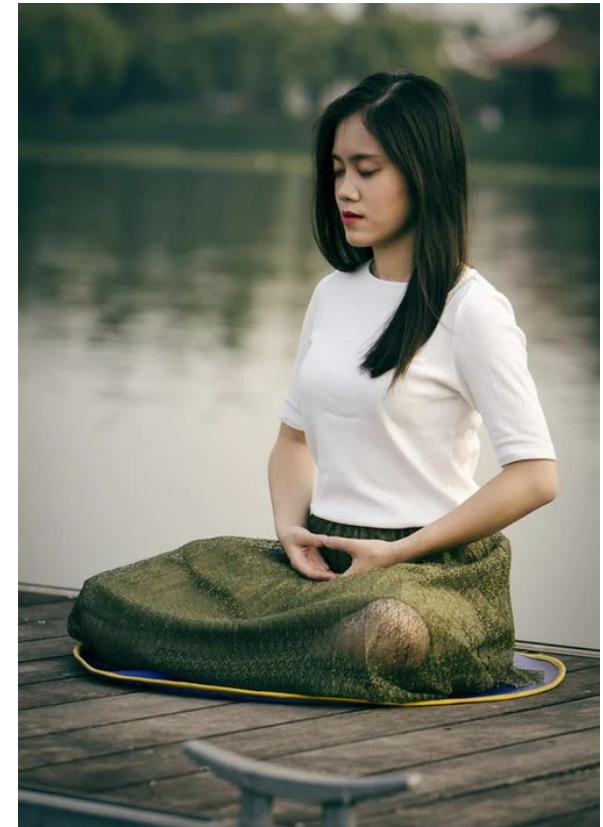
Self care

- Learn to put yourself first.
- Protect your health & well-being.
- Exhaustion:
 - Poor decision making.
 - Short attention span.
 - Short temper.
- Relax and recharge.



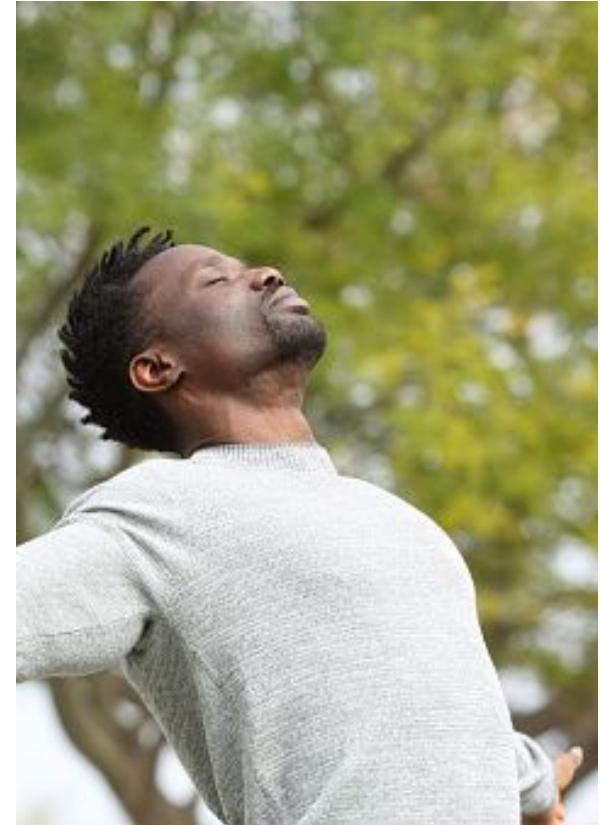
Meditation

- Mindfulness - presence - awareness.
- Breath as an anchor.
- Thoughts will come back:
 - Come back to your breath.
 - Body sensations.
- Happiness is in the here and now!



Mindful breathing

- Parasympathetic NS.
 - Dopamine.
 - Oxytocin.
- Initiates relaxation.
- Changes brain chemistry.
 - Clear thinking process.
 - Problem solving.





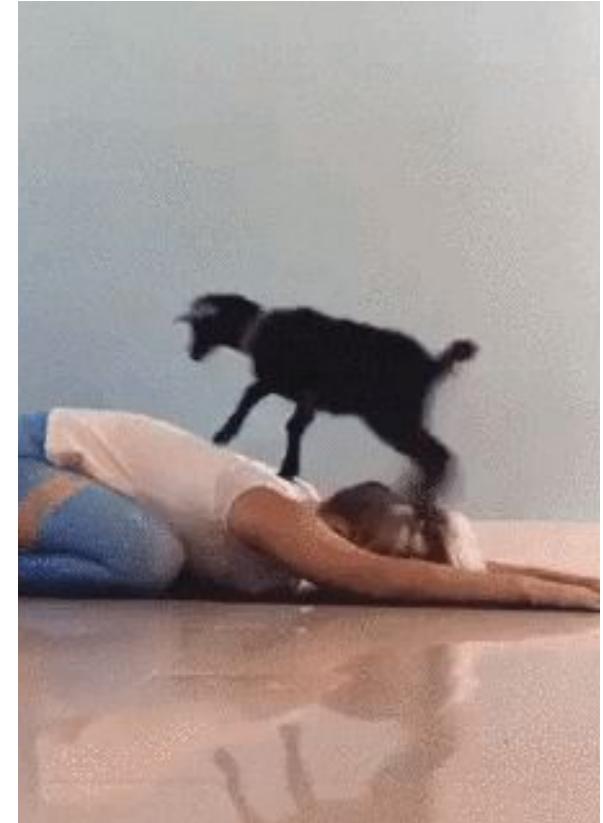
Homework

1. Facing difficult times regardless of the situation, may you be kind to yourself in the moment?
2. May you accept the moment exactly as is?
3. Can you step aside, find a quiet place, and take 10 deep breaths. How do you feel after you took time to connect with your breath?

Alternative healing practices

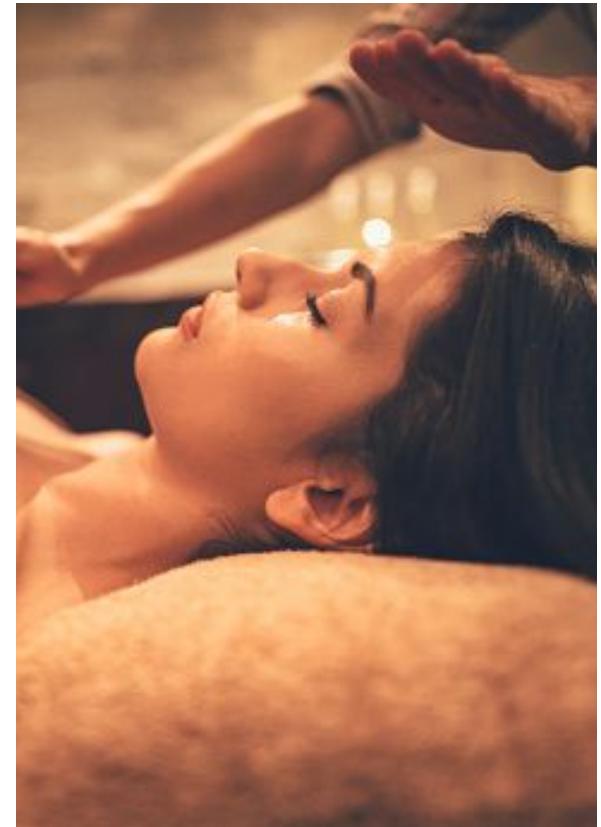
Yoga

- Union of body - mind - breathing.
- Reduces impact of stress.
 - Anxiety/Depression.
- Reduces HR - BP - RR.
- Brain areas that modulate pain.
- Increases strength, flexibility, balance.



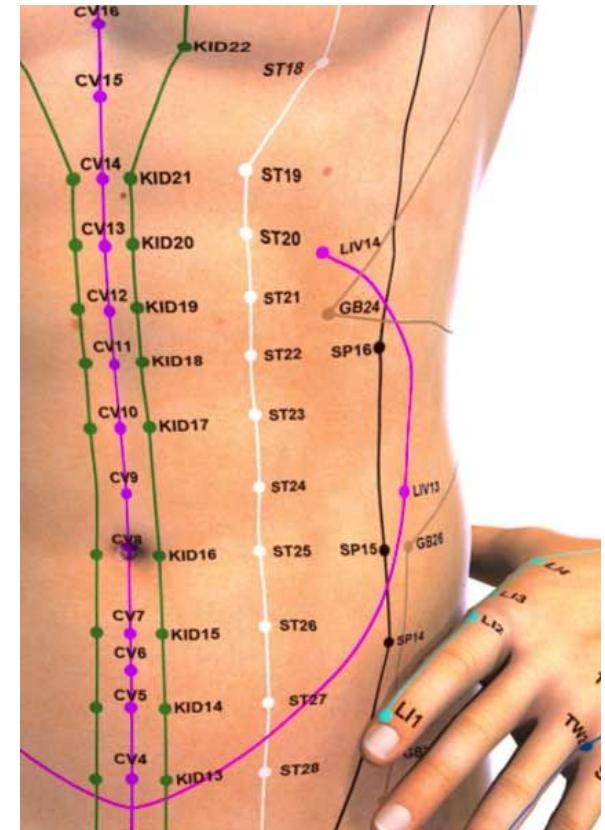
Reiki

- Japan 1800's.
- Transference of universal energy.
- Healer senses blockages.
 - Trauma.
 - Disease.
- Deep relaxation.
 - Healing.



Acupuncture

- Specific points on the meridians.
 - Tiny needles.
 - Influencing tissues, glands, organs & nerves.
 - O₂/blood to area promoting healing.
- Brain areas release endorphins.
 - Activating Parasympathetic NS.



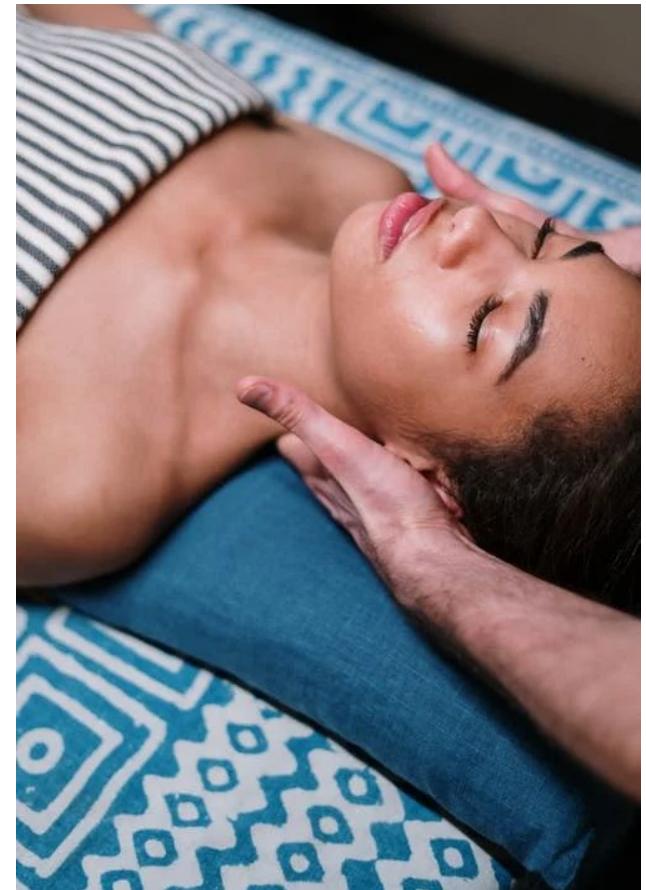
Qi Gong

- Energy cultivation (Qi).
- Lower Dan Tien.
 - Vital energy, power & essence.
- Movement/breath - regulates the meridians.
 - Health of internal organs.
 - Flexibility & strength of muscles.
- Invigorating / relaxing.



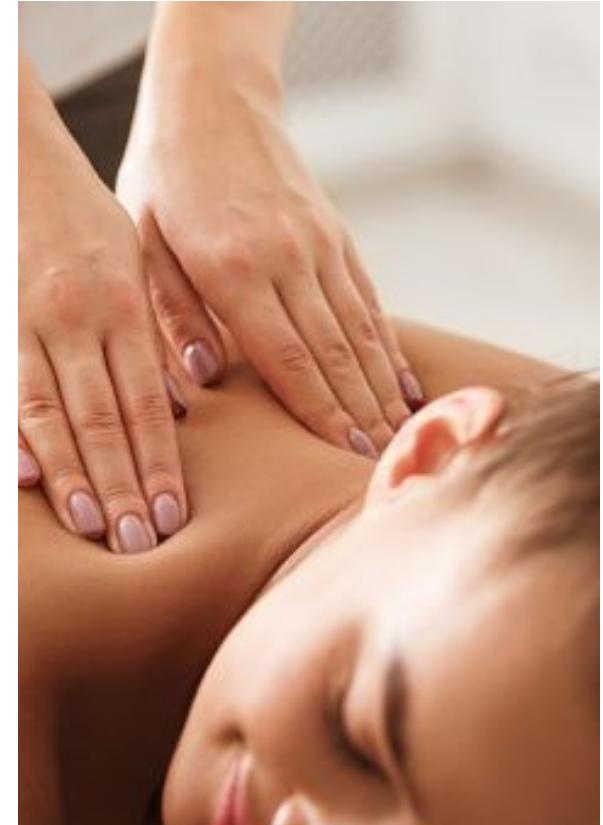
Craniosacral therapy

- Relieves compression of bones.
 - Head - spinal column - sacrum.
 - Improves blood flow.
- Restores flow of cerebrospinal fluid.
- Soothes physical & emotional tension.
 - Relaxation.



Massage therapy

- Pressing, rubbing, stroking soft tissue.
 - Delivery of O₂ to tissues.
 - Relieves tension in fascia.
 - Alleviates muscular spasm/ pain.
- Reduces stress:
 - Promoting healing.





Homework

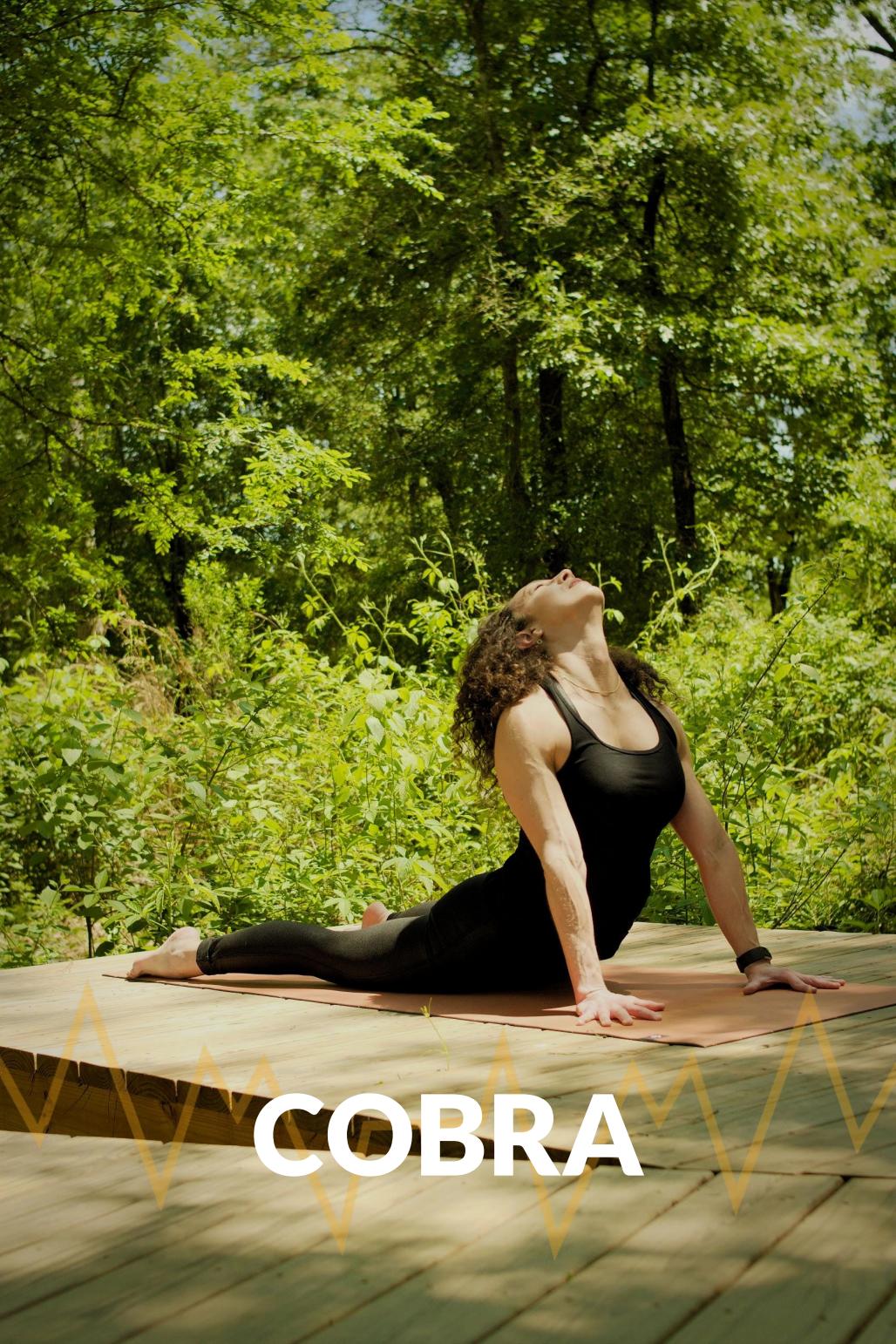
- Have you ever tried any of the alternative medicine practices mentioned in class?
- What was your experience with that particular practice?

Practical tools



A woman with long, dark, curly hair is performing a downward-facing dog pose on a brown yoga mat. She is wearing a black leotard and black leggings. Her body is inverted, with her feet flat on the mat and her hands firmly planted on the ground. The background is a lush, green forest. The image is framed by a red border on the left and a blue border on the right, with decorative blue and yellow wavy lines at the bottom.

DOWNWARD FACING DOG

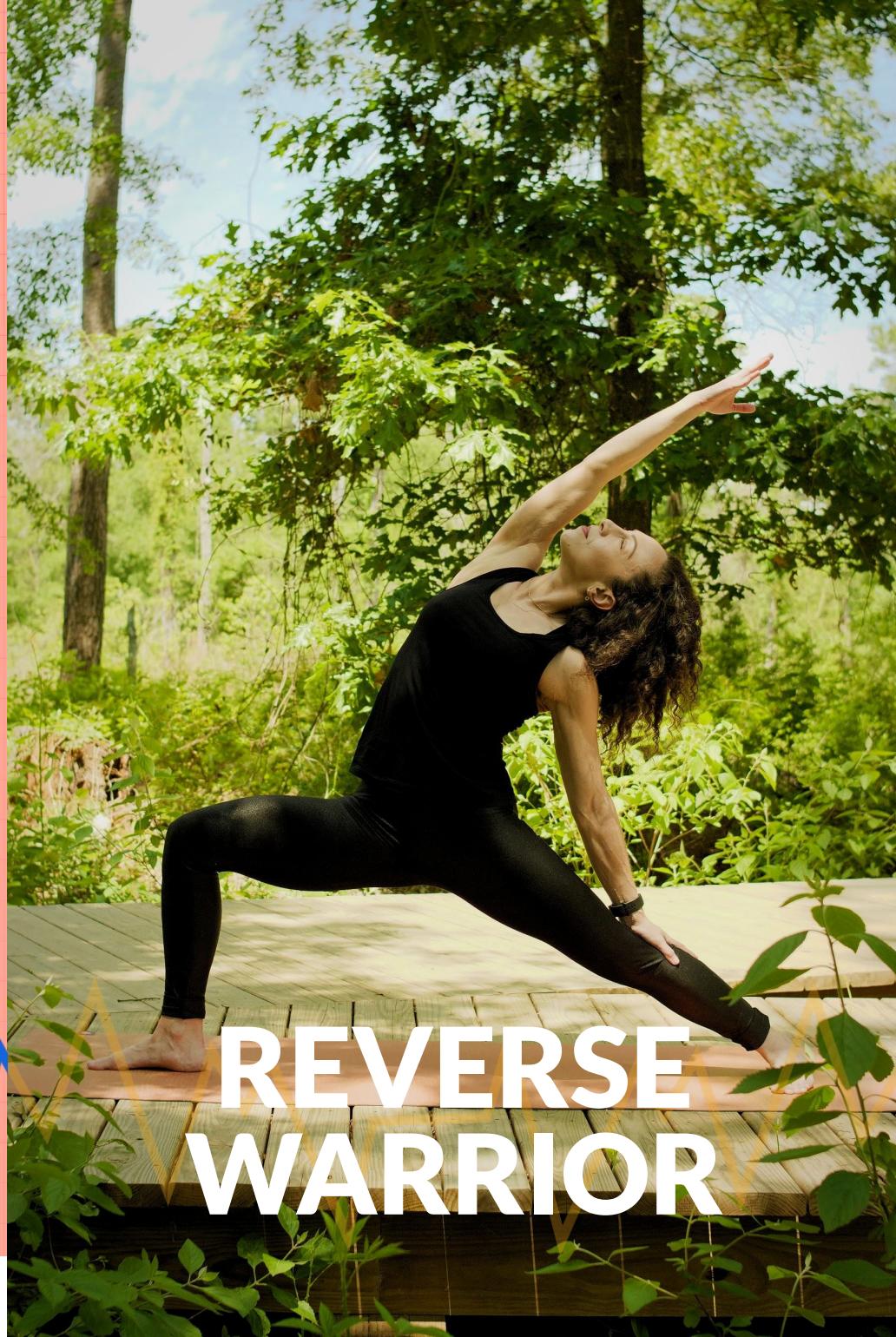


A woman with curly hair, wearing a black tank top and black leggings, is performing a cobra pose on a wooden deck. She is lying face down on a brown mat, with her arms extended straight and hands flat on the ground. Her head is lifted, and her chest is arched. The background is a lush green forest. The image is framed by a red border on the left and a blue border on the right, with yellow jagged lines at the bottom.

COBRA



WARRIOR TWO



REVERSE WARRIOR





WARRIOR THREE



A woman with curly hair, wearing a black tank top and black leggings, is performing the Tree Pose (Vrikshasana) in a lush green forest. She is standing on a brown mat placed on a wooden deck. Her left leg is lifted and tucked behind her right thigh, and her hands are raised above her head with fingers spread. The background is filled with dense green trees and foliage.

TREE POSE





A woman with curly dark hair, wearing a black tank top and black leggings, is performing a Standing Head-to-Knee pose (Utkatasana variation) in a lush green forest. She is barefoot and has her hands clasped behind her back. The background is filled with dense green foliage and trees. The image is framed by a red border on the left and a blue border on the right, with decorative blue and yellow wavy lines at the bottom.

STANDING HEAD TO KNEE



TRIANGLE POSE



LIZARD LUNGE





A photograph of a person with long, dark, curly hair performing a Pigeon Pose (Eka Pada Rajakapotasana) on a light-colored wooden deck. The person is wearing a black tank top and black leggings. They are in a deep forward bend, with one leg extended straight back and the other knee pulled in towards the chest. A red and white striped mat is visible behind them. The background shows green foliage.

PIGEON POSE





Guided meditation

Outro



@ MariaPosa8