**1. Zen warm up**

The intention of the Zen Warm up is more to get you into a state of mind of presence in the moment then literally “warm” you up.

**APPLICATION**

Every time my chest is pressed - EXHALE the chest is open\ neutral - INHALE when the posture is this way we create a practice in which the breathing is leading the movement.

The connection to the breathing gives the practice a meditative aspect, and this is exactly the state we want to be in as we engage with learning new movements.

**Remember: Don’t Force Movements, do the movements within The comfortable range of motion of your joints, do them gently as a positive gesture for your body.**

**2. FSP (Floor Stem Patterns)**

The first principle we are going to apply is **the 4 stages of learning**, remember to pay attention to the smallest details.

#### “Don't figght gravity”

The second principle we are going to implement is keeping the limbs as close as possible to the floor when we are in motion, the higher they get off the floor, the more we have to resist gravity. The closer the limbs are to the floor the easier is to the role from side to side.

\*If you don't understand this principle yet come back to it after your first day of practice.

**Amy Cuddy Study**

Amy shows that just by holding an efficient posture for 2 min changes the whole composition of your biochemistry:

the level of your testosterone increases by 20% which makes us feel confident, assertive and comfortable. And it will decrease the stress hormone cortisol by 25%. if you hold poor posture or inefficient posture, the testosterone in your body will decrease by 10% and the stress hormone will increase by 15%.

just two minutes leads to those radical hormonal changes and can basically reconfigure your brain to be either assertive, confident and comfortable, or really stress reactive. So, the way you move, the way you breathe, the way you use your facial expressions, your jesters, will change your feelings in real time.

**And why is it important?**

First, because you will increase the quality of your life, this is key, What you feel will define where your attention is. For example, have you ever bought a specific item, and then you started to see it everywhere?

this item was there all the time, what then made you notice it more than ever?

Your focus has shifted. Because you linked a feeling of importance to the item. There is a mechanism in our brain called the reticular activating system or in short the RAS, This mechanism defines what is important based on what we feel. If you feel fear, your brain will think:” this is a dangerous environment” and what do you think your RAS would look for?

So when we feel a certain emotion Our RAS will find evidence in the environment to confirm that. The way we use our body will define the composition of our biochemistry, and as a result, we will interpret reality accordingly.

That’s the difference between finding opportunities or finding confirmations to your fears.

Pay attention to this, the way we move determines our feelings, the way we feel determines what draws our focus.

**How you move -> how you feel -> the opportunities you acknowledge**

This practice is aiming to find the most effective movements, emulating one of the qualities of nature - effortlessness. As you are progressing towards this quality on the outside these changes are happening on the inside.

**APPLICATION**

Look for the path of the least resistance, achieving the same movement with as little effort as possible.