

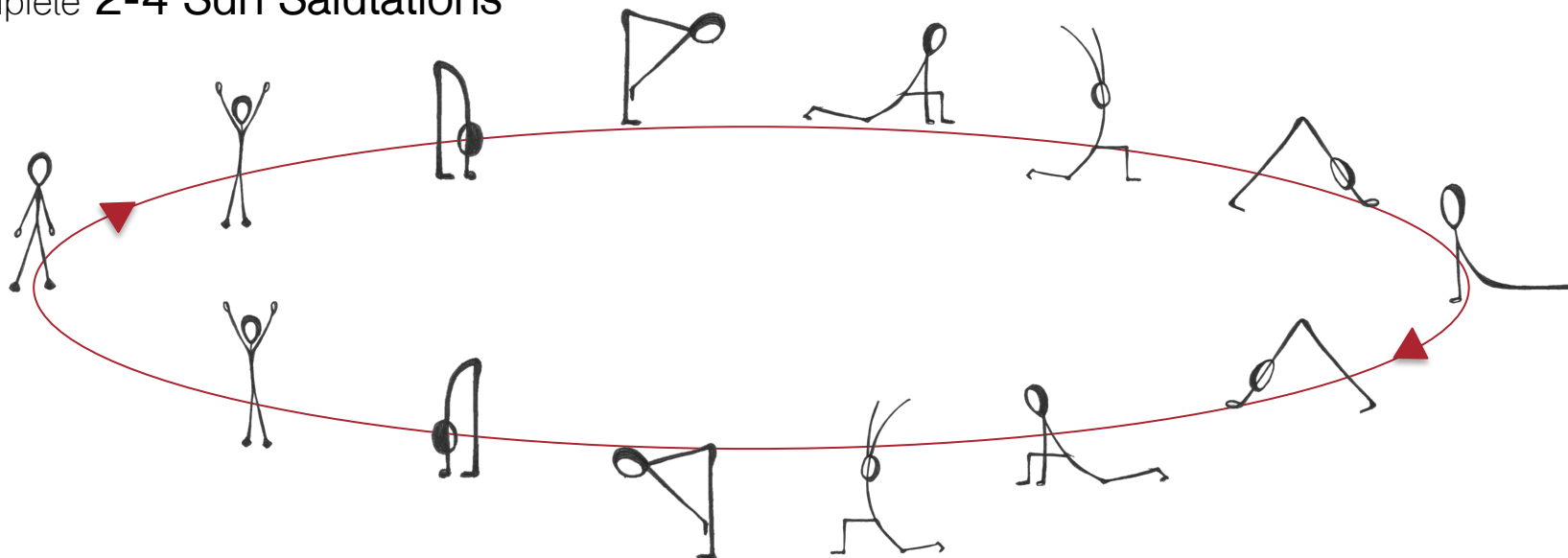
MOTIVATE WITH MIND-BODY CONNECT

FOUNDATIONS SEQUENCE



1. Take 5 Slow Breaths

2. Complete 2-4 Sun Salutations



3. Set your **Intention** for the day