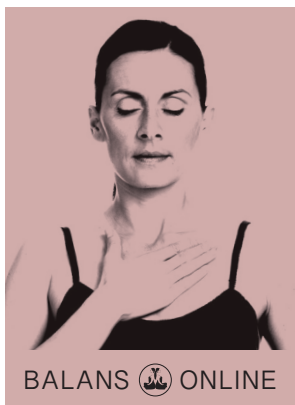


Performance coaching

# The Balance Program

with Sara Emilione



## THE BALANCE PROGRAM – A SHORT OVERVIEW

### Week 1 – Focus on your breath

The basics for correct breathing and stressreduction

**Weekly exercise:** Diafragm breathing

**Weekly reflection:** Define a stress free moment

**Weekly bonus:** Schedule time for recovery

### Week 2 – Body awareness

Come in touch with your body signals on a deeper level

**Weekly exercise:** Body intelligence

**Weekly reflection:** Trust your body

**Weekly bonus:** Put your body in charge for decisions

### Week 3 – Tension free in your spine, neck and jaws

Basic yoga exercises for improved circulation and concentration

**Weekly exercise:** Basic spine series

**Weekly reflection:** Your inner critic

**Weekly bonus:** Be aware of judgmental attitudes

### Week 4 – Focus traing

Train you concentration, release ruminating and negative mind patterns

**Weekly exercise:** Mental air plane mode

**Weekly reflection:** Letting go

**Weekly bonus:** Three mindful breaths

### Week 5 – Inner work

Accept and welcome everything that appears

**Weekly exercise:** Inner mental work

**Weekly reflection:** Acceptance

**Weekly bonus:** Welcome the moment

### Week 6 – Create your day

**Weekly exercise:** Create your day through intention and mindful habits

**Weekly bonus:** Create balance between joy and responsibility