

# Journey of Our Hearts

Body Harmony would love for you to join our exciting journey, from **January 4<sup>th</sup> to March 15<sup>th</sup> 2010**, where each week we all intend to complete the Seven Renewal Practices listed below. Completing all 7 daily activities for a minimum of 8 weeks in the 10 week program, will help bring more balance into your life and you will be eligible to WIN a FREE YEAR of Unlimited Yoga. In addition, your \$20 donation for registration will go to the Little Miracles Foundation to help build a school in Pisac, Peru.

To participate, please **register today** with our receptionist and we will put your name on the charts. For each week that you complete the practices, you will pick up a sticker from reception to mark your progress. These practices can be mixed and matched in the course of each week to suit your schedule OR perhaps enjoy the suggested schedule below. This is a Karma Yoga system that requires honesty and personal integrity. Have fun with this experience!☺

## Seven Renewal Practices: A Suggested Daily Schedule

**Throughout the week make sure you are set up with healthy foods and enough water for proper nutrition.**

Register for our Workshop January 31<sup>st</sup> ~ Nutrition Matters

**Monday – YOGA** – Start your week by nurturing your body with yoga! Do any yoga class at the studio or practice at home for an hour. This day is about grounding the **Root Chakra** energy center.

Register for our Workshop January 24<sup>th</sup> ~ Developing Your Home Practice

**Tuesday – CARDIO** – Since we are all at different levels of fitness please choose your own pace to build towards a 45 minute cardiovascular workout. You can start by elevating your heart rate to 60-70% of your maximum for 20 minutes and progress by adding a few minutes each week until you can comfortably exercise for 45 minutes. Hike, jog, run, bike, swim or have sex for 20-45 minutes ☺. Drink lots of water and perhaps wear the color orange to energize your **Sacral Chakra**.

**Wednesday – ENDURANCE/RESISTANCE TRAINING** – Add light weights or any resistance training to create a balance of strength and flexibility in your body. Suggested resistance workouts include at least 20 minutes of calisthenics, weight lifting, mixed levels hatha or power yoga, pilates, Curves or an alternative that works for you. Try to complete a well rounded program that will work the upper body (chest, back and arms), the lower body (buttocks and thighs), as well as the core (abdominals and low back) which are essential for a healthy **Solar Plexus Chakra**.

Register for our Workshop January 17<sup>th</sup> ~ Endurance & Resistance Training

**Thursday – CARDIO** – Same as Tuesday but perhaps wear the color green to stimulate your **Heart Chakra**. Do exercise you enjoy!

**Friday – FREEDOM FRIDAY** – Express yourself today by partaking in any kind of wellness activity that is fun for you! Join an aerobics class, go dancing, do martial arts, practice yoga, get a massage or simply walk with a friend. It would be a great day for you to “give thanks” for your week or do a “verbal random act of kindness” for healthy opening of the **Throat Chakra**.

**Saturday – YOGA** – **Third Eye Chakra** – Discover the importance of the mind and body connection, one of the great benefits of yoga. Develop your intuition or sixth sense through the practice of yoga, either at the studio or at home. This is an important life practice that helps us trust our inner guide, ultimately allowing us to create a world of happiness and security for ourselves.

**Sunday – MEDITATION** – Appreciate the value of stillness by meditating either early in the morning before starting your day, or late in the evening just before bed. Find a quiet spot (if possible the same spot every time) and make sure you are warm and comfortable. Sit in sukasana with a straight spine and focus on your breath. Begin with a 5 minute meditation and gradually increase your time towards 20 minutes. Perhaps imagine the sun or a golden coloured light coming in through your **Crown Chakra**. This practice will top off your week wonderfully!

Register for our Workshop January 10<sup>th</sup> ~ Meditation Exploration