

VIGILANCE & TRANQUILITY

SHARON FRIEDMAN

"Attentiveness is the heart's stillness, unbroken by any thought"

1. Print\Copy this page once a week
2. Do the work on the page and mark it down
3. Repeat

What To do?	How Long?	How many times a week?	Did I do it?
Roll on the ground with four limbs not touching the ground	10 minutes	2	
Stay on one leg as you are pushed and pulled	5 minutes Per leg	2	
Avoid being lifted off the ground by moving (no resistance)	5 minutes	2	
Avoid being pulled to the ground by moving (no resistance)	5 minutes	2	
Moving forward while being pushed backwards	5 minutes	2	
Dragging a partner on the ground while prone	2.5 minutes	4	
Moving all four limbs in circular patterns	2 minute	5	

Overall, you will be working for **110** minutes out of **10080** minutes a week.

Keep breathing, keep releasing ☺

The secret is doing the work with quality and consistency.

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