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MONTHLY GOALS

Each Week aim to focus on The Total Somatics Approach to Health & Wellness goal. Within your busy schedule, create time to practise the suggested Saturday Self care which can be developed for the next 7 days.

Check out the Links attached to this week's blog. The links are provided to guide you through the movement, breathing & postural activities.

SUN	MON	TUE	WED	THU	FRI	SAT		
						1 MINDFUL SOMATIC BREATHING MEDITATION		
2	3 DEVELOP SEATED POSTURAL ASSESSMENTS DURING YOUR WEEK	4	5	6	7	8 MINDFUL MOVEMENT, eg Nature walk, Somatic Movement Practise		
9	10 DEVELOP WALKING POSTURAL ASSESSMENTS DURING YOUR WEEK	11	12	13	14	15 Mindful Somatic Movement Practise. Aim for 6–8 hours of sleep		
16	17 EAT SLOWLY & MINDFULLY. TAKE TIME AWAY FROM COMPUTERS & OTHER DEVICES. ENJOY YOUR MEAL.	18	19	20	21	22 Somatic Movement & Breathing Practise.		
23	24 GO WITH THE FLOW. DON'T BE TOO RIGID WITH YOUR PLANS. IF REQUIRED COUNT TO TEN DURING CHALLENGING MOMENTS! 25				26	27	28	29 Enjoy a Mindful, brisk walk to 'burn off' the goodies!
30	31 CHECK OUT WWW.TOTALSOMATICS.COM TO SEE HOW TO DEVELOP A 2019 OF TOTAL SOMATIC HEALTH AND WELLNESS.							