



WEEKLY SCHEDULE

CREATING TIME THROUGHOUT YOUR WEEK TO ALLOW YOUR MIND AND BODY TO RELAX AND RECHARGE ARE VERY IMPORTANT FOR YOUR SOMATIC HEALTH AND WELL BEING.

Week Commencing:/...../.....

Times and opportunities I can create this week to improve my Somatic health:

.....

.....

.....

.....

.....

.....



Do you spend time in activities and pursuits which upbuild and refresh you?



How often do you dedicate time for your Somatics practise? How long are your sessions?



Can you dedicate time away from technology and enjoy looking up and around at your surroundings rather than at a screen?



Do you spend time listening to the Total Somatics audios to guide you through Mindful somatic breathing and movement sequences?