

Body Mind Nature

CONNECTION

**BODY-MIND-NATURE CONNECTION: WELL-BEING
FOR A FULLY AWARENESS AND HEALTHY
LIFESTYLE.**

OUTDOOR AND ENVIRONMENTAL SESSIONS.

- ALICANTE -

COURSE INFORMATION:

Much of the BMN training is done outdoors, such as the aquatic environment (beach or natural park), the mountains and urban parks in the city such as Reykjavik, Alicante, Tenerife, among others. These locations are the scenarios where the practical sessions are carried out that range from the body - and the awareness of movement through physical activities that range from the most subtle to the most demanding and all of them always adaptable. (trekking, ocular gymnastics, shodō, orienteering,)-, breathing (through different systems and apnea work applied to health), the mind (with introspection exercises, lateral thinking and mindfulness), nutrition (while you enjoy healthy breakfasts you will learn the new trends in healthy eating and how the microbiota interacts with the brain.) and nature (learning about grounding, sustainability...)

During this course the participant will re-learn, experience techniques and healthy body patterns focused on personal development, promoting cognitive, motor and physical development along with social development.

All the concepts and tools of the course have been based on experience, advances in neuroscience and integrative systems of health and well-being.



- ALICANTE EDITION -

CONTENT

// Learning by doing //	5
// Body - mind //	6
The body-mind relationship.	
Breathe	
Breath-work	
1. Belly breathing	
2. Apnea: holding your breath	
I. Warm up: Breathing for freediving or apnea	
3. Breathing exercises	
I. Whole Body Muscle Tensing and Relaxing	
II. Breath box	
III. IBUKI breath	
Posture	
reflexes & brain development	
// Nourish //	19
1. Food recommendation	
2. Benefits of eating in company as a tribe	
3. Cortisol: What it's means?	
4. Circadian Rhythm:	
4. Sea water	
*BONUS TRACK: Healthy recipes:	
// Fasting //	27
// The circle of life //	29
// How we see the word //	31
1. Ocular movement (to improve eye muscles)	
2. Palming (relaxation)	
3. Draw with 2 hands (reflexes and coordination)	
4. Games with the ball (reflexes and coordination)	
5. Oculomotricity cards (reflexes and coordination)	

6. Focus/ Peripheral vision training (vision training cards)

// Activities in the nature //	37
Cold exposure	
Warm exposure (sauna OR SUMMER)	
ALC// Bouldering (Rock Climbing)	
ALC// Snorkel	
Alc // Paddle sup	
ALC// Freediving	
ALC// Trekking serra grossa 'Shirin -yoku'	
Mountain Observation and Orientation Exercise	
Monkey bars: hanging	
Movement workout: psychomotricity and awareness of movement	
Grounding (Barefoot)	
Jugaad challenge	
Visual memory: imagine the shape	
Shodo: The way of writing (japanese calligraphy)	
Healthy breaks (Pomodoro technique)	
// Recommended books & material //	76
// Information about your trainer during the course //	77
// Scientific reference //	78

// Learning by doing //

BMN course based on learning by doing. It is a natural learning method that is focused on the premise For this, skills are developed in real contexts and thus be able to determine which activities are most enjoyed, how problems can be solved and how to work as a team to order ideas. For example, the nutrition workshop will be carried out through the healthy breakfast workshop, breathwork during water activities and indoor activities..

Benefits of learning by doing

Among the benefits offered by the 'learning by doing' methodology are:

- . Increases the ability to observe.
- . Promotes adaptability and flexibility.
- . Stimulates creativity and innovation.
- . Improve effective communication.
- . Strengthens self-esteem.

How did learning by doing come from?

The origins of the learning-by-doing methodology can be found after the Second World War, specifically during the Weimar Republic in Germany. The objective of education at this time was to achieve free thought and autonomy of students. In addition, the educational process sought to integrate school learning with knowledge of a trade, so practice was essential.

This teaching method evolved over the years until John Dewey and Willian Heard Kilpatrick established the concept of learning by doing, maintaining that student learning is more efficient if they maintain interest and motivation as a result of finding an application. practice the acquired knowledge.

Today, action-focused teaching focuses on the activity theory of Lev Vygotsky and Alexei Leontiev, the theory of cognitive development developed by Jean Piaget, and the principles of psychology applied to didactics formulated by Hans Aebil.

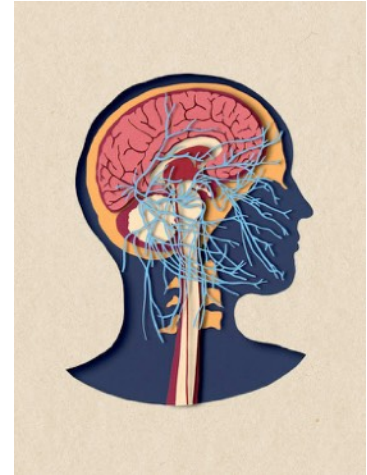


// Body - mind //

We know about the effects of breathing, stress and relaxation on the mind and sometimes on the body.

In fact, there is only one "body-mind." Your body affects your mind and your mind affects your body. Too often, however, we listen to the neurotic ravings of our minds and ignore the requests of our bodies: "Please rest; please move; please, eat...».

If we begin to listen and pay attention to our minds, our bodies, and our breath, we can begin to build the foundation for a better day and a better life.



The stress response.

Our bodies are designed to maintain balance. The medical term is homeostasis. This makes them always look for ways to maintain the correct temperature, the necessary amount of oxygen and carbon dioxide, the correct level of acidity and alkalinity, the sufficient amount of sleep, and so on. Threats to this balance, such as being attacked by an animal or starvation from lack of food, are called stressors. The built-in "fight or flight" response releases adrenaline and thousands of other hormones to bail us out. It evolved as a quick fix in dire circumstances.

However, the truth is that our bodies are not designed to experience it very often. Despite this, today even crises as trivial as missing a train can trigger fight, flight, or even a third possibility, paralysis. We chronically overreact and pay the price: heart disease, depression, and obesity, as well as job failures and broken relationships. The World Health Organization has referred to stress as "the health epidemic of the 21st century"



The relaxation response.

Deep, controlled breathing has been shown to produce the body's "relaxation response." As with "the stress response," the body releases a number of hormones. However, in this case they slow down our heartbeat, relax our muscles, calm our nerves and improve our immune system. They also create the ideal conditions to digest food well. And yet, how often do we add to our stress by gobbling down a sandwich in front of our screens, causing indigestion and adding even more pressure to our bodies?

Both responses work two ways: Being stressed or relaxed affects how we breathe, and at the same time, our breathing dictates how stressed or relaxed we feel. Being

more aware of our breathing helps us detect early signs of stress (faster or shallow breathing) and induce the relaxation response to prevent it from getting worse.

“By concentrating on the breath for just one minute we can completely remove the stress hormone cortisol from our bloodstream.”

Tony Schwartz, Harvard Business Review (2012)

THE BODY-MIND RELATIONSHIP.

Perhaps you have already noticed that sometimes I talk about the effects of breathing, stress and relaxation on the mind and sometimes on the body. In fact, there is only one "body-mind." Your body affects your mind and your mind affects your body. Too often, however, we listen to the neurotic ravings of our minds and ignore the requests of our bodies: "Please rest; please move; please, eat...». If we begin to listen and pay attention to our minds, our bodies, and our breath, we can begin to build the foundation for a better day and a better life.

BREATHE

Why breathe?

From our first to our last breath, we breathe in and out about six hundred million times. It seems natural to us. It just happens, doesn't it? What's so important? We breathe in oxygen and breathe out carbon dioxide.

It is the essential link between our mind and our body. It is the only system in the body that works both consciously and unconsciously. It affects the functioning of the rest of the internal systems (digestion, the immune system, the heart, the nervous system, the brain, etc.). It reflects and influences everything that happens in our minds and our bodies at all times. Furthermore, breathing is the only faithful companion in our life's journey. So, wouldn't it be worth knowing how to breathe better?

Let's start by taking a look at two response mechanisms that have evolved in the human body to help us manage life's difficulties

Breathe like a baby.

Do you remember his first breath? I recently gave a talk where I used a photo of a baby to introduce my breathing guru, because babies are the best breathers. Their minds and their



bodies are one. They breathe well because, as human beings, they are designed to do so. We can learn from babies. Breathe from the stomach, breathe through the nose. It's that easy. Who knows, maybe it will also help you sleep like a baby

Are you breathing now?

If breathing well is so natural, why do we lose the dexterity? When did you stop to look at your breath for the last time? Have you been able to verify the connection between your breath and how you feel? And now? What do you notice? What do you observe? Do you breathe through your nose or through your mouth? Do you notice how your abdomen rises and falls? Do you feel your chest rising and expanding? Could you even be holding your breath?

The first step to improving how you breathe is to be aware of it. Begin to be more and more aware of how you breathe and how your breathing changes under different circumstances. Do not just follow this book, follow your own breath: it is your best teacher.



Mind CONNECTION

BREATH-WORK

Let's see different kind of exercises to focus on breath being awareness of the body and how to use it.

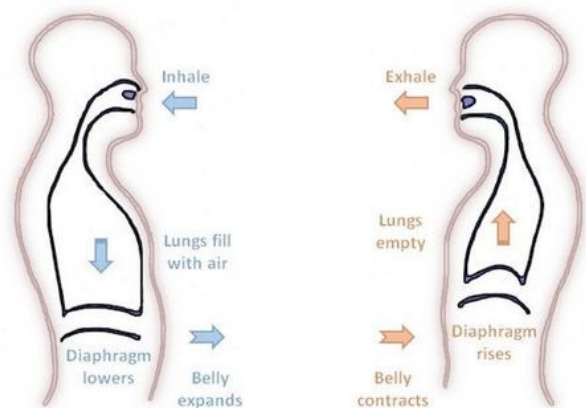
1. Belly breathing

Three keys to breathing well.

There are many breathing exercises and breathing techniques both Eastern and Western. In this course you will find several of them. The basics, however, are simple.

1. Breathe in and out from the abdomen. Breathing from the abdomen makes you feel more in control and more centered. This diaphragmatic or abdominal breathing (I prefer to say "belly") is effective and, once established, natural and easy.

2. Breathe in and out through your nose. The nose is designed for breathing. The hairs in the nostrils filter particles from the air. The cavity behind the nose cools or heats the air



to within plus or minus one degree of body temperature. Except in certain situations, such as high-intensity sports, the nose is much better at breathing than the mouth.

3. Blow out a little more air than you take in. Expiration is related to the relaxation response of the body, as it stimulates the parasympathetic branch of the autonomic nervous system. Once in balance, you can breathe in and out in the same way. But my experience tells me that most of us are stressed so often that a little more exhalation with each breath never hurts

Benefits.

In addition to reducing stress and helping us to relax more, breathing well has a number of other benefits. Science has shown that controlled breathing lowers blood pressure and heart rate. According to the WHO, cardiovascular diseases are the leading cause of death in the world, so it may be time to take care of your heart with your breath. There is also evidence that breathing well can be beneficial to our brains. Frequent breathing exercises cause the brain to grow in areas that are linked to attention and the processing of sensory information. Reducing the stress response causes the prefrontal cortex to kick in, which is where your brain makes decisions; breathing helps you think better.

There are even more surprising studies that show that better breathing influences how genes are expressed. In 2008, Herbert Benson, author of the phrase "relaxation response" in his book of the same name, was involved in a study that showed that genes that influence how we respond to stress are changed by relaxed breathing techniques. So the next time you take a breath, remember how this helps your heart, your brain, and your genes, and how you feel. But there is more, as you will discover as you progress through this course.

Things to remember.

1. Breathe in and out from the abdomen.
2. Breathe in and out through your nose.
3. Make the exhalation slightly longer than the inhalation.

More than sleeping like a baby, breathe like a baby and not only will you sleep better, but you will feel better and have a greater ability to concentrate.

Exercise to breathe better now.

- Lie on your back in a relatively quiet room. Close the door and put the phone in airplane mode.
- If you feel discomfort, raise your knees keeping your feet on the ground. This will give you better support for your lower
- Place a hard cover book on your abdomen
- Now try to breathe in and out through your nose, making the book go up and down with your abdomen. If your chest continues to move when you breathe, place a hand on it and press down firmly to use your abdomen more.
- Thus, when you take a breath, the abdomen rises. When the you expel, the abdomen lowers (take it towards the ground). Breathe in and out through the nose. When you

have picked up the rhythm, begin to lengthen the expiration. Count to three when you inhale and to six when you exhale. If you find it difficult, just do the best you can.

- Stay lying down for at least five minutes. You can set an alarm on your phone.

[For kids:](#)

How To:

"Smell the flower" = deep breath in
and hold

"Blow out the candle" = slow exhale out



Repeat 3 times Once kiddos understand the concept, you can remove the verbal prompt and just point to the sign or point to your nose as a cue to start taking.

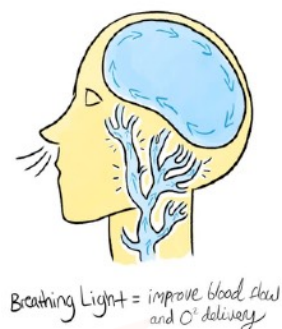
2. **Apnea: holding your breath**

Holding the breath until you feel a strong air hunger gives the diaphragm a workout and exposes the body to higher levels of carbon dioxide. It improves tolerance to hypoxia and hypercapnia. You won't get so breathless, your breathing will be slower, and your performance will improve.

What are some breath holding benefit?

The breath holding exercises to simulate altitude have many benefits for sports performance and health. You can use breath holds to:

- Delay the onset of fatigue and lactic acid, so you can exercise for longer and recover faster
- Improve repeated sprint ability for team sports such as rugby and football/soccer
- Improve respiratory muscle strength — this has many benefits including greater breathing efficiency, increased endurance, and even better sexual function and pelvic floor health
- Improve aerobic capacity
- Increase production of EPO (erythropoietin) safely and legally
- Improve running economy and running time
- Improve swimming performance
- Reduce oxidative stress, effectively slowing your aging process.



In brief:

- Induces the parasympathetic nervous system.
- Increases the production of red blood cells.
- Increases tolerance to CO₂.
- Improve your performance.
- Increase the strength of your respiratory muscles.
- Improve your concentration and cognitive focus

Exercise:

Try to set progressive goals in each of these series progressively, for example:

How to do it	<p>Do between 3 and 5 inhalation apneas (with your lungs full of air) until you can't take any more counting the time it takes to have to breathe again.</p> <p>First series 20", second series 25", third series 30"...</p>
When	It will be very easy to include it, you just have to apply it after each workout for 5 minutes.
Why / Benefits	Because it is a necessary hormetic stimulus to be more adaptive.
Recommend it for	Everyone, Since 4 years old

I. Warm up: Breathing for freediving or apnea

Before I begin any breath-holding, I like to warm up the 'breathing muscles' (I know, how weird, you do it all the time) by doing some focused breathing. You can combine this with some stretching or yoga.

<p>STEP 1:</p> <p>BELLY/ DIAPHRAGM BREATHING</p>	<ul style="list-style-type: none"> • Sit or lie down in a relaxed position • Focus on expanding your belly as you inhale, and bringing your belly back in towards your spine as you exhale • Your ribs and chest should stay still • Imagine air filling your lower belly • Practice this breathing for 1 minute
<p>STEP 2:</p> <p>INTERCOSTAL/ RIB BREATHING</p>	<ul style="list-style-type: none"> • Think about moving your breathing action to your lower rib cage • Keep your chest and belly still, but expand your ribs sideways to breathe • One trick is to hook your thumbs on the side of your ribs and touch your fingers at the bottom of your breast bone. As you inhale and expand your ribs, your fingers should pull apart • Practice for 1 minute

STEP 3:

CHEST AND SHOULDER BREATHING

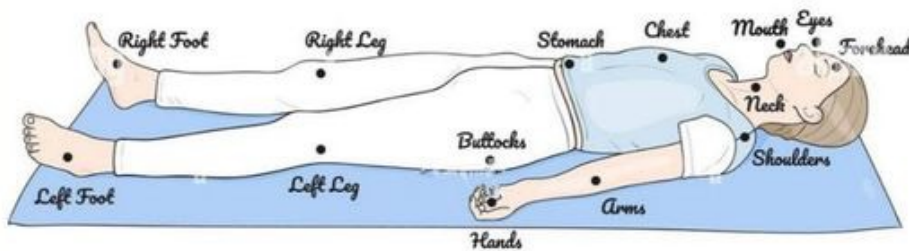
- Now focus on filling your upper chest with air
- Your chest should expand forward and upwards slightly as you inhale, whilst your belly and ribs stay still
- Practice for **1 minute**

Example: <https://youtu.be/52qgs9MhGbQ>

3. Breathing exercises

1. Whole Body Muscle Tensing and Relaxing

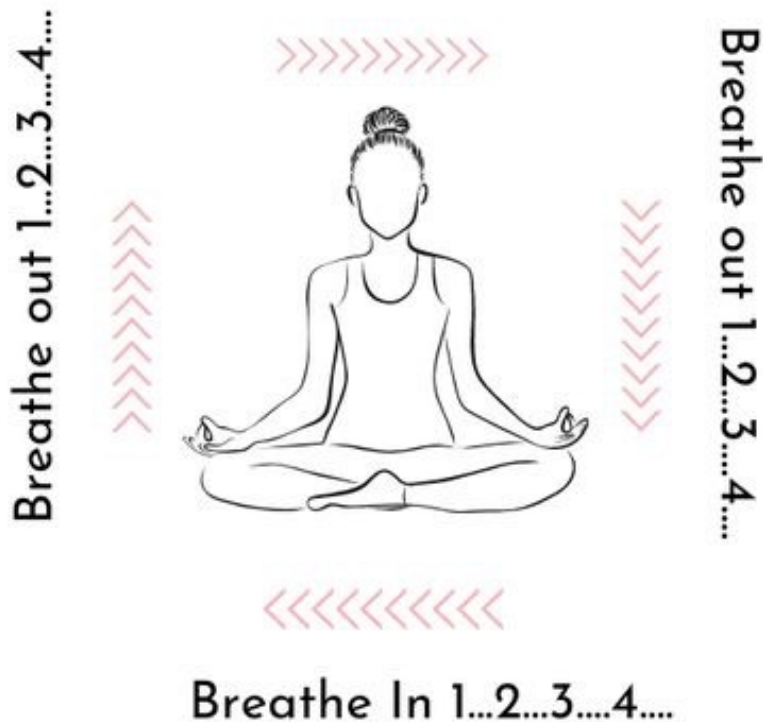
<p>How to do it</p>	<ol style="list-style-type: none"> 1. Take a very deep breath in with your mouth open, fill your lung up. 2. Hold your breath. 3. Tense muscles all over your body. 4. Count 5-10 s 5. Let go of all the tension in your muscles and slowly let your breath out
<p>When</p>	<p>I recommend it after a physical practice</p>
<p>Why / Benefits</p>	<p>Calm dawn, It's great for relax whole body</p>
<p>Recommend it for</p>	<p>Everyone, Since 4 years old</p>



II. Breath box

How to do it	<ol style="list-style-type: none"> 1. Take a very deep breath in with your mouth open, fill your lung up. 2. Hold your breath. 3. Tense muscles all over your body. 4. Count 5-10 s 5. Let go of all the tension in your muscles and slowly let your breath out
When	I recommend it after a physical practice
Why / Benefits	Calm dawn, It's great for relax whole body
Recommend it for	Everyone, Since 4 years old

Breathe in 1...2...3...4....

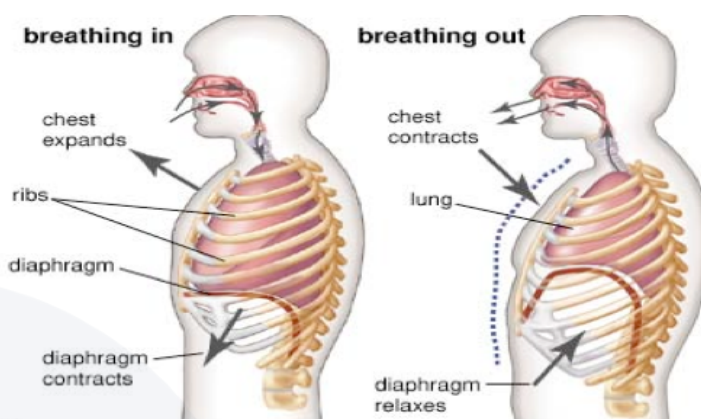


III. IBUKI breath

IBUKI translates to “breath” in English, but the combination of the characters to form Ibuki 息吹 means “inner strength”.

Is the hard style of breathing, a noisy breathing technique, with the aim of absorbing any opposing force; it is made with a long exhalation and ends with a short breath and voiced.

This technique is the channel through which the [Hara](#) (Tanden – pronounced dan-ten in Chinese) connects the spirit to the body, through Ki (internal energy). This technique serves to contract the muscles of the body in a single moment and is able to absorb a blow without suffering much harm, or at least a small part. This contraction, which takes place through the Yō ibuki breathing, contraction is called kime.



Yō ibuki (the “heavy” breathing method used in Sanchin and other kata) is not actually forced, as some people may describe it. As forced breathing would indicate you’re using the throat to throttle the airflow.

You are not to constrict the airflow or throat muscles. Instead, Yō ibuki is the measured but powerful controlled pressure of the abdomen. Heavy abdominal breathing, concentrating in collapsing your diaphragm (and thus your lungs) down instead of inflating them outwards (the breathing movement should be seen in your lower abdomen, not in your ribcage), then breath out by slowly contracting (with or without tension) the abdominal wall (like a stomach vacuum but without holding your breath), which will then push the diaphragm and lungs back up, compressing them and pushing the air out again.

This contraction of the abdominal muscles also pulls the ribcage and hips a bit together, and aids in the development of correct posture for [sanchin](#) dachi (gluteal and abdominal muscles contracted, without excessive pelvic tilt caused by using only the glutes and hip flexors).

POSTURE

Body posture is constantly processed by the body in a binding way: depending on the posture, the brain will act in one way or another. There are fusion zones in the brain between body posture and cognition, emotion, or behavior. Every day there is more scientific evidence that supports the importance of taking care of the posture to protect mental health.

A study published this month in the Scientific Report magazine shows the relationship between cognitive functions and back inclination. To do this, he recruited a group of 400 people (men and women in equal proportions) between the ages of 50 and 89. Mental status and cognitive assessment examination was performed, and spinal balance was measured by radiology (back tilt, sagittal vertical axis, SVA).

Their results showed significant relationships between cognitive function and back inclination (greater anteriorization, forward. See figure). The greater the inclination, the greater the cognitive deterioration, regardless of age.

According to this study, the inclination of the back can be considered an indicator of cognitive deterioration, especially in middle age.

Knowing that mental and body posture are closely related, we could affirm that a bad posture leads to inadequate mental states. But vice versa too. Now, what is easier, to correct the posture of the back or to correct the attitude? It seems that the back. Let's start there then.

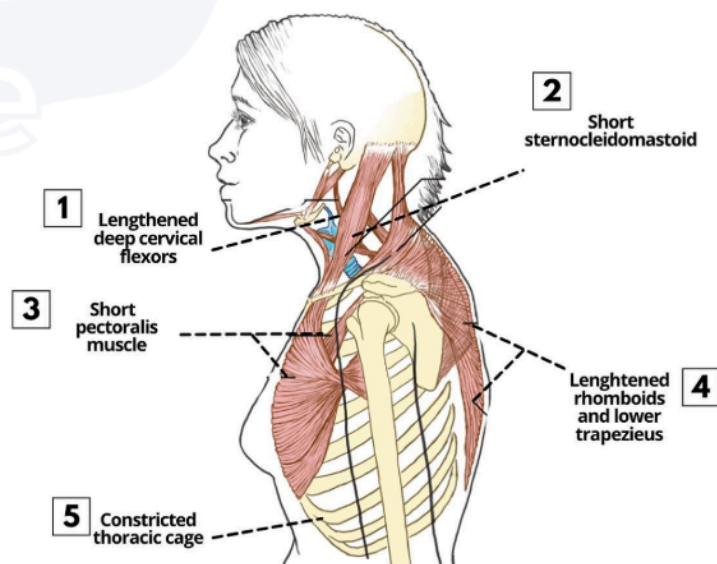
Master Ueshiba said that "a good attitude and posture reflect an adequate state of mind".

Effects of forward head posture on the body

Here are 5 effects of forward head posture on your muscles.

If you have a forward head posture, consider looking at your jaw. The position of the lower jaw and texting habits can be detrimental to cervical health.

Ensuring proper tongue posture and avoiding looking down at your phone can make a huge difference. In addition, new studies show that correction of cervical lordosis may be associated with an immediate increase in cerebral blood flow.

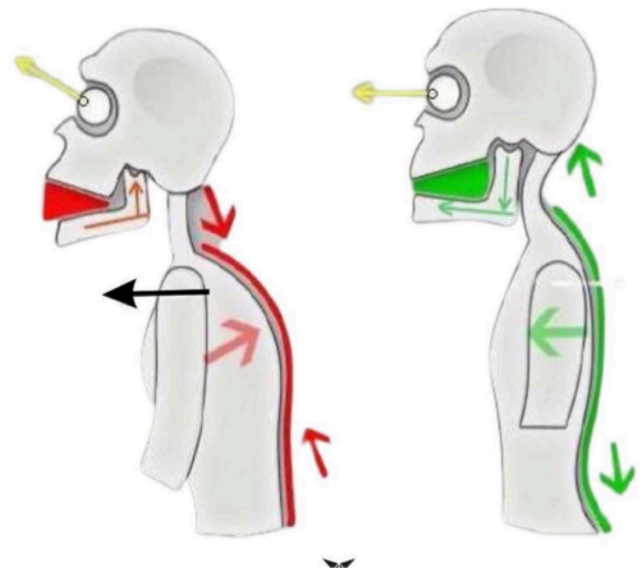


Tongue and upper body are connected

When the tongue is developing in utero at about the fourth week, its first duty is to shape the maxilla.

The tongue should reach the palate to form a nice wide horseshoe shape. Our tongue controls our body in ways we are unaware. It influences and interacts with the body's system. The cervical spine is engaged when the tongue is pressed up to the palate.

With poor tongue posture and mouth breathing, the head moves forward due to a lack of support. Without a clear airway, normal breathing cannot occur, and your upper body will move forward.

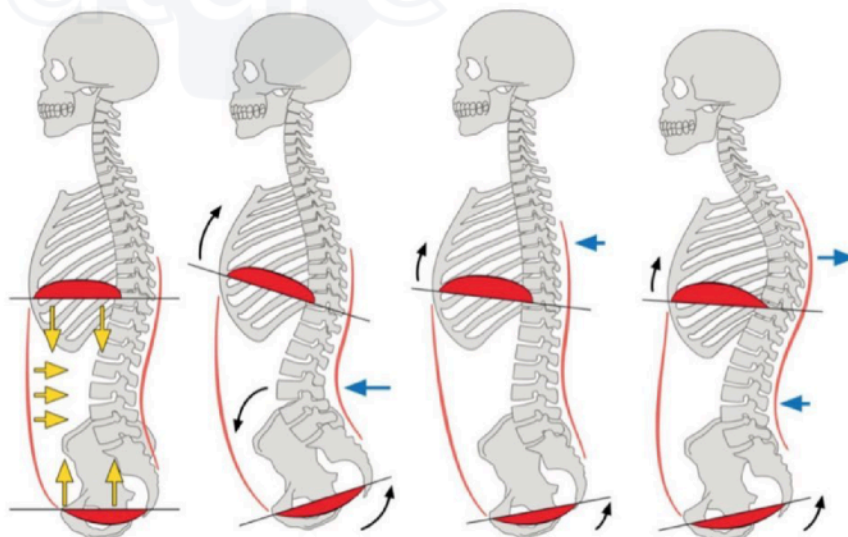


Forward head posture can lead to different local and systemic pathologies.

If you are a mouth breather, try this to strengthen your tongue and throat muscles:

Place the tip of your tongue against the back of your top front teeth. Slowly slide your tongue backward with the tip moving along the roof of your mouth. Repeat 5-10 times.

IMPROPER BREATHING MECHANICS AND YOUR SPINE



REFLEXES & BREAN DEVELOPMENT

Primitive reflexes are involuntary motor responses that originate in the brainstem and are present after birth in early child development to facilitate survival. These reflexes should be inhibited by 4 to 6 months of age as the brain matures.

What are some common causes of delayed primitive reflex development?

-Trauma and Falls: Retained primitive reflexes can be caused by falls, traumas, and head injuries

-Lack of Tummy Time and Movement: Insufficient tummy time, delayed or skipped crawling, and restricted body movements can contribute to the retention of primitive reflexes.

-Pregnancy and Birth Factors: Stress during pregnancy, lack of movement in utero, and traumatic birth experiences can also play a role in the delayed integration of primitive reflexes.

-Neurological Disorders: Children with learning disorders, ADHD, autism spectrum, and other neurodevelopmental disorders are known to have retained primitive reflexes

What are some signs that an infant may have retained primitive reflexes?

-Exaggerated startle reflex (Moro reflex)

-Light sensitivity

-Poor posture

-Poor balance and coordination

-Motion sickness

-Difficulty changing gaze from far to near

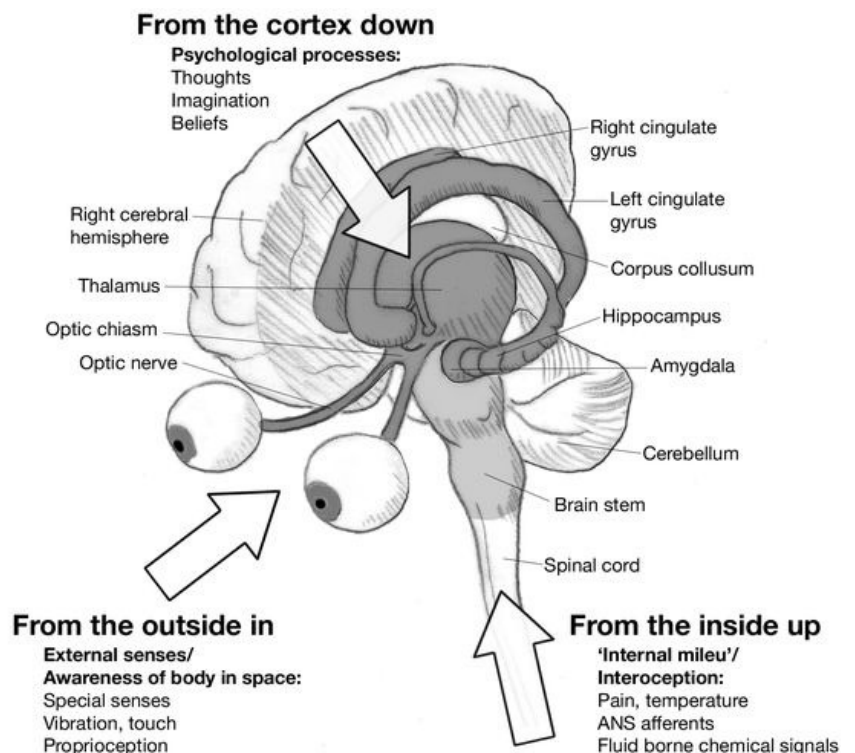
-Interrupted eye tracking

-Toe walking

-Poor impulse control

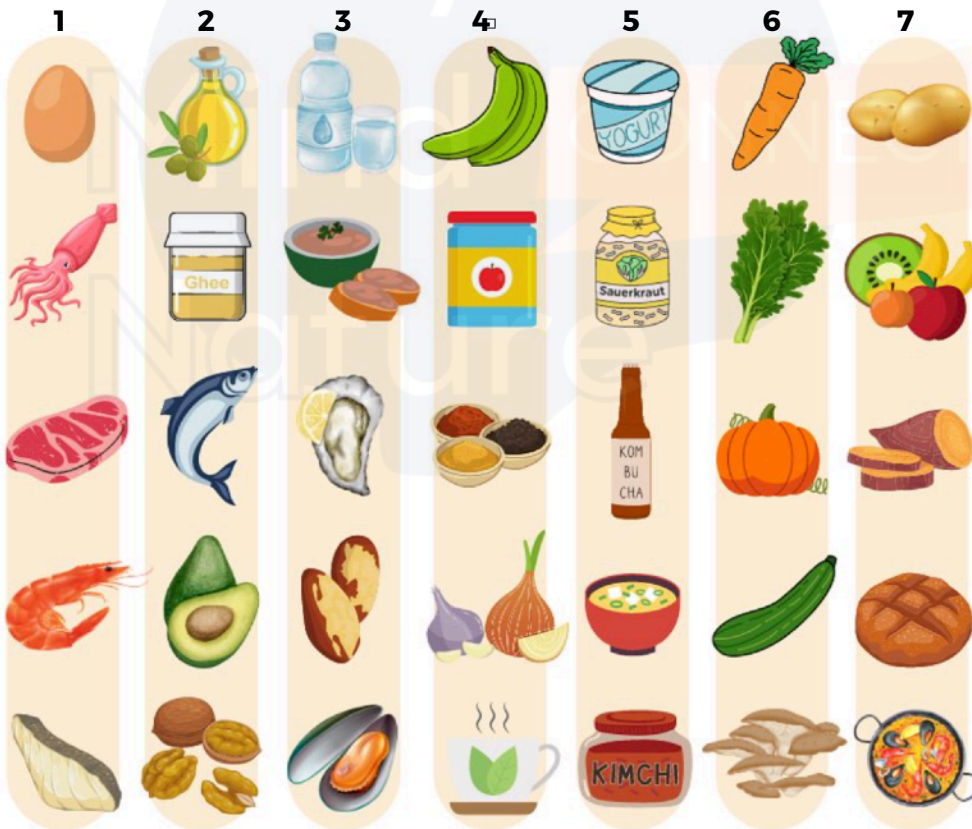
-Fidgeting

-Poor dexterity



// Nourish //

1. Food recommendation



- 1. PROTEINS
- 2. FATS
- 3. MINERALS
- 4. PROBIOTICS
- 5. FERMENTED
- 6. VEGETABLES

With this table I will try to simplify nutritious eating. Columns 1-6 should be in each of your meals (with perhaps the exception of fermented ones, which once a day is fine). The 7 can be dispensed with if you don't move. The amounts will depend on the context:

1. Protein is non-negotiable in at least 2 of the 3 main meals. Try to get to at least 300-400g of protein foods a day (raw heavy). My favourites: eggs, seafood and meat. It is usually missing at breakfast, a crucial moment to mark the metabolism of the day and start with strength and desire. If there is a lack of protein, it is normal for there to be slumps, constant hunger, little motivation...

2. Fat: You can't miss it for your cellular health but if you go too far you may not reach your body composition goals. My favourites: EVOO, ghee, small blue fish (sardines, anchovies, anchovies, mackerel, horse mackerel, melva...), avocado and nuts in small quantities (lots of omega-6 and difficult for many people to digest).

3. Minerals are the great forgotten. Without them there is no health. I assure myself with sea water, sea salt, liver/paté, bivalves and Brazil nuts.

4. Prebiotics. These substances come from types of carbs (mostly fiber) that humans can't digest. The beneficial bacteria in your gut eat this fiber. Feeding your microbiota is crucial. This is done by **prebiotics**: green banana, compote, spices, garlic, onion, leek and green tea/coffee are the ones I consume the most.

5. The fermented cannot be missing: yogurt, kefir, sauerkraut, kombucha, miso and kimchi are in my day to day. Start with small amounts.

6. Seasonal vegetables and mushrooms are essential to provide phytonutrients, antioxidants, fibers (many prebiotics), minerals, vitamins and water. The variety and rotation is essential for the nutritional density and resilience of the microbiota.

7. I raise and lower the hydrates according to my movement and physical activity. There is never a shortage: potatoes, fruit, sweet potatoes, bread (with or without gluten) and rice (especially in the form of paella).

There are 35 different foods on the table. Every week you can vary some and repeat others, but make sure that the first 6 points are never missing.

OTHER EXAMPLES:



2. Benefits of eating in company as a tribe

ADVANTAGES OF EATING ACCOMPANIED HELP ACHIEVE A HEALTHY DIET

It has been shown that when we eat in a group we tend to eat better. Likewise, there is a greater awareness of what is eaten, so those good eating habits tend to be acquired. That is why it is an advantage to eat in company, both at work and at home and



whenever possible.

ENCOURAGES GOOD MANNERS

When you eat alone, you tend to eat anything fast: pre-cooked, frozen, etc. It is a reality that one usually eats badly or worse than when it is done in company. For this reason, eating together at work helps prevent weight gain.

POTENCIA LOS BUENOS MODALES

Eating in company always instills good manners, because cutlery is used correctly and people avoid talking with their mouths full. It is a way to get used to eating in public and therefore improve the way we behave when we eat surrounded by people.

OVERCOME SHYNESS

There are people who can't stand being watched while they eat. This is corrected by eating with coworkers, because you will get used to it and you will leave your comfort zone. So if you want to overcome shyness and never feel embarrassed again when you go to a restaurant or when people look at you while you eat, take the step and you will see how you can achieve it.

ENCOURAGES A GOOD RELATIONSHIP

Eating with coworkers improves the relationship with them. It is a way of being more than just colleagues, of being friends and being able to share interesting conversations, adventures, experiences, etc. So if you want to improve your social life, avoid eating alone at work and eat surrounded by your colleagues.







HELP DISCONNECT AND BE HAPPIER

Normally people are happy when they associate with people with whom they share many things in common. So eating with coworkers will make you feel better, happier and, incidentally, will help you disconnect from work. So you can better face work in the afternoon.

3. Cortisol: What it's means?

Cortisol is a hormone produced by the two adrenal glands, which are located on top of each kidney. The pituitary gland in the brain regulates cortisol production. Cortisol plays an important role in the stress response. Maintaining an adequate balance of cortisol is essential for health.

Balancing cortisol levels is essential for maintaining overall health and well-being. In this article, we will explore six effective strategies to support and maintain healthy cortisol levels. From stress management techniques to healthy sleep habits, we will discover how we can optimize the function of this important hormone to promote a healthier and more balanced life.

 <p>STRESS RELIEF Yoga, meditation, journaling, deep breathing, aromatherapy</p>	 <p>STIMULATE VAGUS NERVE cold showers or plunges, humming, diaphragmatic breathing, gut health, meditation</p>	 <p>MORNING SUNLIGHT Balance circadian rhythms by getting exposure to natural sunlight in morning</p>	 <p>PRIORITIZE SLEEP Reduce blue light exposure, build a consistent calming bedtime routine</p>
 <p>EAT A BALANCED DIET Eat regular nutrient rich foods with vitamin C and magnesium. Limit caffeine, sugar and alcohol. Keep hydrated with water.</p>	 <p>HERBS AND AROMATHERAPY Seek out adaptogenic herbs such as Reishi or Ashwagandha. Or breathe in calming essential oils like clary sage, lavender or bergamot</p>		

4. Circadian Rhythm:

Function of Circadian Rhythm:

- **Synchronization of Biological Clock:** The circadian rhythm acts as an internal biological clock that synchronizes the functioning of various body systems with daily environmental cycles.
- **Regulation of Sleep-Wake Cycle:** One of the key functions of the circadian rhythm is to regulate sleep and wake patterns. It helps determine the optimal time for sleeping and waking up.
- **Metabolism Regulation:** It controls the release of hormones and enzymes responsible for metabolism, such as insulin, glucose, and cholesterol, to align with daily patterns of eating and activity.
- **Body Temperature Control:** The circadian rhythm influences body temperature, with normal variations throughout the day, being lower during the night and higher during the day.
- **Hormonal Regulation:** It impacts the production and release of various hormones, including cortisol (stress hormone), melatonin (sleep hormone), and growth hormone, among others.

Benefits of Circadian Rhythm:

- **Improved Sleep Quality:** Maintaining a healthy circadian rhythm can improve sleep quality and promote more restorative rest.
- **Increased Energy and Alertness:** A proper circadian rhythm is associated with more stable energy levels and higher mental alertness during the day.
- **Optimal Metabolism Functioning:** It helps maintain balanced metabolism and contributes to better weight control.
- **Enhanced Stress Resilience:** A healthy circadian rhythm can help reduce sensitivity to stress and improve resilience.
- **General Health and Longevity:** There is evidence that maintaining a regular circadian rhythm is associated with better overall health and increased longevity.

In summary, the circadian rhythm plays a crucial role in regulating numerous biological and behavioral functions, and maintaining it in balance provides a range of health benefits and general well-being.



Relationship between Cortisol Levels and the Circadian Rhythm

Objective:

The objective of this instruction is to understand the relationship between cortisol levels, a key hormone in the endocrine system, and the circadian rhythm, a biological cycle of approximately 24 hours that regulates various physiological processes.

- **Understanding the Circadian Rhythm:**

- Familiarize yourself with the concept of the circadian rhythm, which is a biological rhythm of approximately 24 hours that influences various aspects of human physiology and behavior.
- Recognize that the circadian rhythm is mainly influenced by environmental light and darkness, as well as by the organism's internal biological clock.

- **Knowing the Role of Cortisol:**

- Learn about cortisol, a steroid hormone produced by the adrenal glands.
- Understand that cortisol plays a crucial role in regulating metabolism, stress, the immune system, and other physiological processes.

- **Identifying the Relationship between Cortisol and the Circadian Rhythm:**

- Recognize that cortisol levels in the body show a characteristic daily variation, with higher levels in the morning and lower levels at night.
- Understand that this variation in cortisol levels is synchronized with the circadian rhythm, being influenced by the internal biological clock and external factors such as light and darkness.

- **Considering External Factors:**

- Take into account that exposure to light, especially natural sunlight, is an important stimulus that regulates cortisol release and helps maintain the circadian rhythm.
- Recognize that sleep disorders, shift work, and other factors that disrupt the circadian rhythm can negatively affect cortisol levels and, therefore, influence overall health and well-being.

- **Applying the Knowledge:**

- Use this knowledge to understand how sleep patterns, exposure to light, and other factors can affect cortisol levels and, ultimately, physical and mental health.

By understanding the relationship between cortisol levels and the circadian rhythm, you can take steps to maintain a healthy circadian rhythm, which contributes to better stress management, quality sleep, and overall optimal health.

4. Sea water

What is Quinton Water?

Quinton is a special form of seawater containing pure marine plasma, trace minerals, and a wide variety of other beneficial phytonutrients. It is harvested in a precise manner from a specific plankton bloom. The exact process has remained an ancient Quinton family secret. In the late 1800s, Rene Quinton, the father of marine therapy, began researching the intersection of biology and physiology.

He discovered striking similarities between the blood of mammals and seawater.



Benefits of Hypertonic Saline Solution for Humans

Hypertonic saline solution, with its higher concentration of salts compared to the human body, offers a diverse range of benefits spanning both overall health and specific situations. Here is a list of prominent benefits:

- 1. Effective Rehydration:** Hypertonic saline is recognized for its ability to restore hydration levels effectively, beneficial for individuals needing recovery after physical activity or heat exposure.
- 2. Enhanced Nutrient Absorption:** With a higher concentration of salts, hypertonic saline can facilitate the absorption of essential nutrients in the digestive system, aiding in the assimilation of minerals and electrolytes.
- 3. Relief from Nasal Congestion** Hypertonic saline is commonly used to alleviate nasal congestion. Its ability to reduce swelling and improve nasal drainage can be beneficial for those suffering from colds, allergies, or sinusitis.
- 4. Support for Muscle Recovery:** Post-intense exercise, hypertonic saline can aid in muscle recovery by providing essential electrolytes lost through sweat, thereby reducing the risk of cramping and improving muscle tissue repair.
- 5. Contribution to Respiratory Health:** Apart from nasal congestion relief, hypertonic saline can assist in clearing respiratory passages, facilitating mucus expulsion, and reducing irritation in cases of respiratory illnesses.
- 6. Potential Support in Medical Conditions:** In certain medical conditions such as cystic fibrosis, hypertonic saline can be a useful tool in maintaining lung health and improving quality of life.
- 7. Facilitates Hydration in Special Situations:** For scenarios where hydration is crucial but challenging, such as in the presence of vomiting or diarrhea, hypertonic saline can provide an effective option to maintain fluid balance.

Considering these benefits, hypertonic saline stands out as a versatile solution that extends beyond simple hydration, offering valuable support for overall health and well-being.

*BONUS TRACK: Healthy recipes:

Bullet proof coffee:

Bulletproof coffee combines coffee, made from high quality beans with unsalted butter and a medium chain triglyceride (MCT), such as that derived from coconut oil. The ingredients are blended together, served warm and take on the look of a creamy latte.

What are the benefits of bulletproof coffee?

Listed below are 3 proposed benefits of drinking bulletproof coffee:

It can help with weight loss. According to research, MCTs (one of the main ingredients of bulletproof coffee) are metabolized quickly. This makes them an effective weight loss tool. Additionally, grass-fed butter has high levels of omega-3s, whose anti-inflammatory properties can improve energy levels, brain function, and gut health. Many people use

bulletproof coffee as their main breakfast item and say that it keeps them feeling full until their next meal.

It enhances brain function. Research shows that caffeine can enhance brain function in the short term. Further research also shows that it can improve various aspects of brain function, including one's vigilance, reaction time, mood, attention, and general mental function. Caffeine also stimulates the central nervous system by supporting the release of other neurotransmitters, including dopamine and serotonin.



It is high in healthy fats. Grass-fed butter and the two types of oils used for preparing bulletproof coffee are high in omega-3 fatty acids. Omega-3 fatty acids can help reduce blood pressure, triglycerides, and the formation of arterial plaques. Taking omega-3s can also reduce depression. It is also important in weight management. On the other hand, omega-6 fatty acids are also essential.

// Fasting //

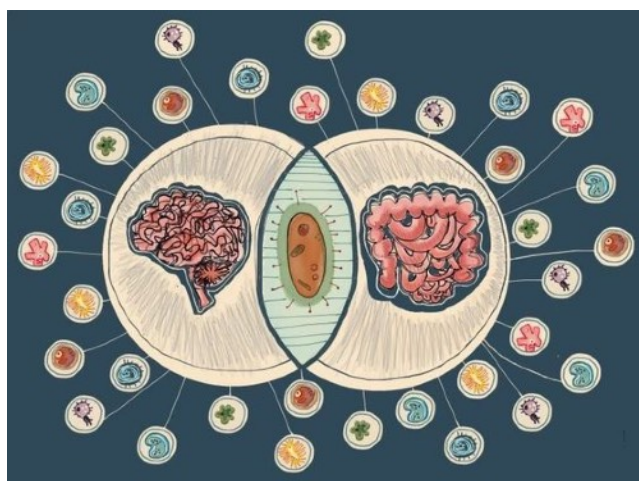
Fasting is a very powerful health tool, so if we are able to permanently integrate it into our lives, we will give our digestive system a highly effective strength.

Do not worry if some days you spend 10 hours and others 12 or 14, the idea is that there are windows without eating so that the intestine can regenerate.

Drink water mixed with seawater*.

During fasting there is a demineralization through urine and sweat and can also cause constipation.

Drinking sea water (between 100 and 200ml per 1.5l of mineral water) will give you the necessary minerals to maintain good hydration.



The first meal after fasting try to have vegetables and protein (an option that I use a lot is a chicken and/or vegetable broth) this will prevent a very large insulin spike from occurring if you eat it with carbohydrates.

Benefit of intermittent fasting

- Control your appetite.
- Improves awareness of real hunger.
- It helps to restore the levels of hydrochloric acid in the stomach.
- Helps to regenerate the intestinal microbiota and reduce inflammation.
- Reduces blood sugar levels.
- It enhances autophagy (cellular regeneration process that prevents a multitude of diseases).
- Improves cognitive focus.
- It improves metabolic flexibility, promotes the creation of ketones and facilitates energy substrate processes through fat.

Recommended video: https://youtu.be/n_jhqgWnkFA?t=379 ("Fasting" - ep. 3 of Limitless in which Chris attempts a 4-day fast)



// The circle of life //

The Origin of the Wheel of Life Exercise

The Wheel of Life exercise was developed by Paul J. Meyer in the 1960s. Meyer is known as a pioneer in the field of personal and professional development. The tool was designed to help individuals evaluate balance and satisfaction across different areas of their lives. Since its inception, it has been widely adopted by life coaches, therapists, and personal development professionals to help their clients identify areas for improvement and set goals.

Benefits of the Wheel of Life Exercise

1. **Comprehensive Evaluation:** Allows individuals to gain a clear view of their level of satisfaction in various areas of their life, such as health, relationships, career, and more.
2. **Identification of Imbalances:** Helps identify areas that need more attention and development, allowing individuals to focus on improving specific aspects of their life.
3. **Goal Clarification:** Facilitates the setting of clear and achievable goals in different areas, which can lead to increased motivation and direction.
4. **Overall Well-Being Improvement:** By working to balance the different areas of life, individuals can experience a greater sense of well-being and overall satisfaction.
5. **Self-Reflection and Awareness:** Encourages self-reflection and awareness, helping individuals better understand their needs and desires.

Tips for Performing the Wheel of Life Exercise

1. **Create the Wheel:** Draw a large circle and divide it into sections, like the spokes of a wheel. Each section represents an area of your life (e.g., health, career, family, friends, finances, personal growth, fun, and environment).
2. **Rate the Areas:** On a scale from 1 to 10, rate your level of satisfaction in each area, with 1 being very dissatisfied and 10 being completely satisfied. Mark these points in each section of the wheel.
3. **Connect the Dots:** Connect the points you have marked in each section. This will form a shape within the wheel that visually shows which areas are more balanced and which need more attention.
4. **Reflect:** Take some time to reflect on the results. Ask yourself why certain areas have lower scores and what actions you can take to improve them.

// How we see the world //

Tunnel vision VS Peripheral vision

Try starting the day with w/1-3 mins of eye exercises. The research-supported benefits are significant & long-lasting in dopamine and thereby elevated mood, alertness, and focus.



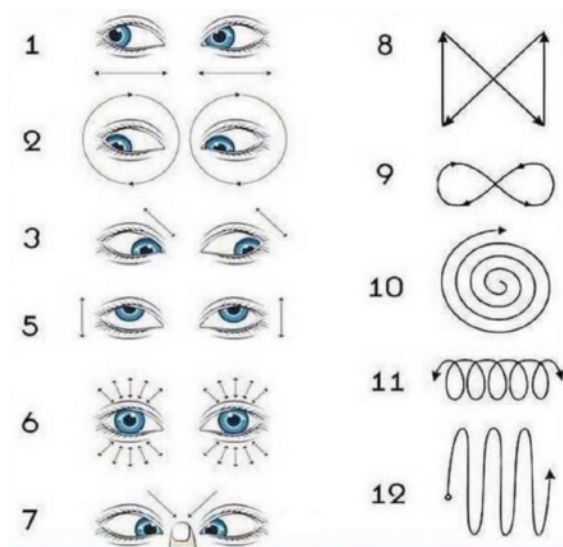
REMEMBER

1-Relaxation 2-Shifting 3-Central Vision 4-Blinking 5-Breathing
 6-Movement 7-Memory, Imagination 8-Switching 9-Sunlight

1. Ocular movement (to improve eye muscles)

It is beneficial for:

1. Convergence/connects the left & right brain (corpus callosum)
2. Lateral eye movements/suppress amygdala (stress and fear)
3. Vertical eye movements/increase dopamine (mood, alertness, & focus)
4. Saccades - improve reaction time.



Remember

- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.
- Remember to be aware of the movement of the eyes, your posture and your breathing.
- All exercises can be done with an eye or two. The important thing is to perceive the movement of the two eyes.

Target: From 3 year onwards. Always looking for an adapted form.

Examples of exercises

1. **In pairs with pen.** Participant 1 is in charge of moving the pen in front of participant 2 (one who follows the pen).
2. **Individual.** Move your eyes as an example.

2. Palming (relaxation)



Rub your palms briskly together until they are warm. Close your eyes and place your warm palms over the eyes for 30 seconds. Feel your mind and eyes relaxing.

Target: From 3 year onwards.

3. Draw with 2 hands

(reflexes and coordination)**It is beneficial for:**

Being able to spread the workload between both halves of the body is also beneficial. But not only that, starting to use both hands can help us develop and stimulate our brain capacities.

Being ambidextrous improves symmetry in movements and athletic performance, so it has obvious advantages for those who practice sports or dance. The left hemisphere seems to be more related to the control of analytical functions, while the right is more related to creativity.

Remember

- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.
- Remember to be aware of the movement of the eyes, your posture and your breathing.

4. Games with the ball (reflexes and coordination)

These exercises improve spatial vision, coordination and reflexes.

Remember

- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.
- Remember to be aware of the movement of the eyes, your posture and your breathing.



Exercise 1

1. **Individual.** Move your eyes as an example. The important thing is to move the body at the same time as the point of focus. All this during the exhalation in the fastest and most calm way possible.
2. *You can do different levels of difficulty. Starting looking straight ahead, with eyes closed and looking to the opposite side.

**Exercise 2**

The important thing about these exercises is to always connect the movement with the breath. Relaxing the face and shoulders as much as possible.

In pair.

8. Passes the ball at the same time (using both the right and left hands, alternately).
9. A participant passes the ball at the same time using both hands at the same time.
10. Same as option 1 and 2 but with one leg.

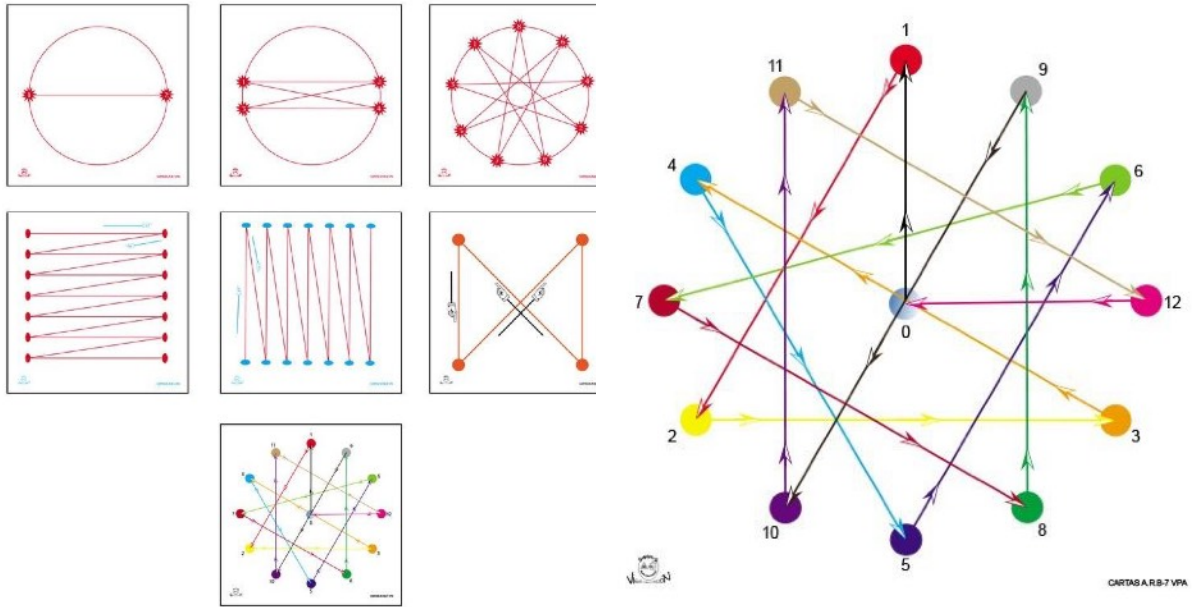
In a group.

Passing the ball one side at the same time.

11. If the group is even, the ball can be passed to the one in front. all at the same time.
12. If the group is odd, a star can be drawn. All at the same time.

**5. Oculomotricity cards (reflexes and coordination)****Remember**

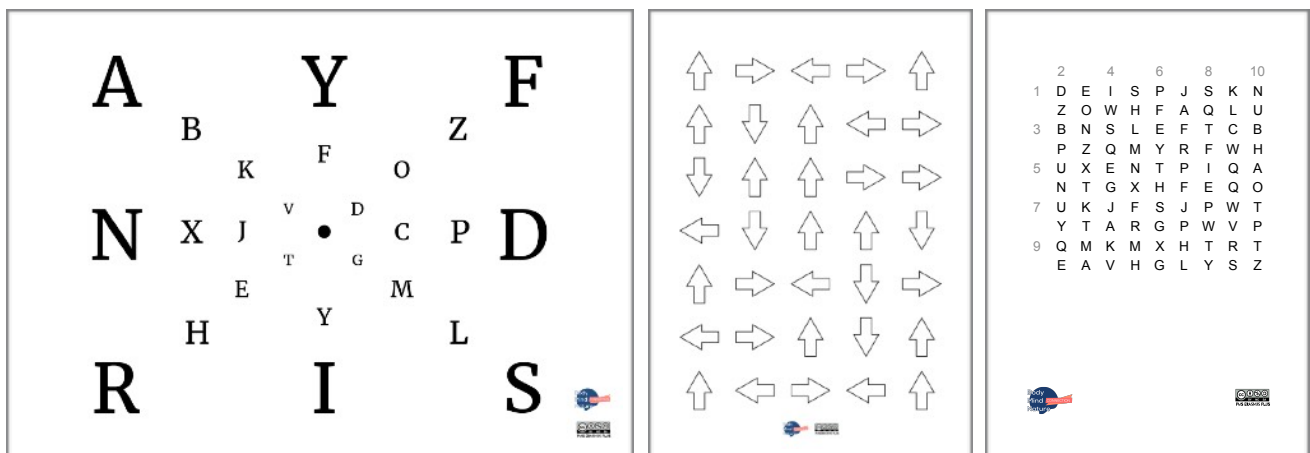
- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.
- Remember to be aware of the movement of the eyes, your posture and your breathing.



- All exercises can be done with an eye or two. The important thing is to perceive the movement of the two eyes.

Target: From 5 year onwards. Always looking for an adapted form.

6. Focus/ Peripheral vision training (vision training cards)



Remember

- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.

- Remember to be aware of the movement of the eyes, your posture and your breathing.
- All exercises can be done with an eye or two. The important thing is to perceive the movement of the two eyes.

Target: From 4 or 5 year onwards. Always looking for an adapted form.

Examples of exercises

1. **Individual** We played around with different focus points, ie. We can bounce a ball, pass a ball between our hands, use a metronome... The important thing is that the body is moving and at the same time that it says the letters out loud. With these exercises you can use your creativity to adapt it to whoever is going to use it.
2. **In a group.** The same as individually but adding an exercise that involves physical exertion. For example: squats, push-ups, plank, some balance position such as the yoga tree position...



// Activities in the nature //

COLD EXPOSURE

Cold water therapy is the use of water to promote health or manage disease, according to [research](#). While it has a long history, it's primarily used to speed healing after an injury, ease joint and muscle pain, and quicken recovery from exercise, among other possible



health benefits.

Research on the topic has generally focused on pain, muscular injury prevention and recovery, and mood, and cold water therapy is considered a complementary therapy given that it's an evolving field. Read on to learn about potential health benefits and the possible risks of cold water approaches for health and medical uses, and to evaluate if this therapy is worth discussing with your doctor.

History of Cold Water Therapy

Cultures around the world have used cold water therapy for thousands of years. For example, cold water immersion was used for therapeutic and relaxation purposes in ancient Greece and promoted by Roman physician Claudius Galen as a treatment for fever, according to a [review published in February 2022 in the European Journal of Applied Physiology](#).

Types of cold water therapy

You have a few options for cold water therapy.

Cold Water Immersion

Like the name suggests, cold water immersion involves immersing yourself in cold water up to your neck or immersing a specific joint or area of the body. Ice baths are a popular option for cold water immersion because you can control the temperature. You can take them at home, in a physical therapy clinic, or in a specialty recovery studio. If you live in a colder climate, you can wade into an icy body of water such as a lake. How long you spend in the cold water varies depending on the temperature and your tolerance level. If you stick to the temperature range of 50 to 59 degrees F that some research has used, be sure to limit your exposure to a maximum of 15 minutes, says [John Gallucci, Jr., DPT](#), a medical coordinator for Major League Soccer who is based in Bridgewater, New Jersey.

Contrast Water Therapy

This method is similar to cold water immersion, except that it alternates exposure to cold water with exposure to hot water. The approach varies, but studies typically follow this protocol: Begin by immersing the affected limb in hot water (100.4 to 104 degrees F) for 10 minutes, then alternate between a one-minute immersion in cold water (46.4 to 50 degrees F) and a four-minute immersion in hot water until you reach a total duration of 30 minutes, according to [research published in August 2018 in the Journal of Athletic Training](#). Contrast water therapy is often used in sports and physical therapy settings to promote recovery and reduce muscle damage, per this study.

Cold Showers

Taking a frigid shower offers a way to ease into cold water therapy, though the benefits may not be the same as those seen with cold water immersion, says [Scott J. Biehl, DO](#), an orthopedics and sports medicine physician at Rochester Regional Health in New York. You may feel more alert in the short term, but research hasn't shown that cold showers can help heal exercise-induced stress on the body, per Rochester Regional Health. However, cold showers can be an entry point into cold water immersion therapy, Dr. Biehl notes.

Wim Hof Method

The Wim Hof Method combines cold water therapy, breath work, and commitment practices, with the aim of reconnecting with yourself and the environment, according to its website. The potential benefits include greater energy, reduced stress, lower inflammation, better sleep, and faster recovery, per the website. However, most of the research supporting the Wim Hof Method consists of case studies on Hof himself.

WARM EXPOSURE (SAUNA OR SUMMER)

How to

- Drink lots of water before, during, and after your session to prevent dehydration.
- Start at a lower temperature and increase each session as your body can tolerate
- Enter with light clothing, a swimsuit, or naked.
- Read, talk, meditate, stretch, or rest during your session, but do not sleep.
- Keep your session between 15-30 minutes for optimal benefits and safety.

Saunas are buildings or rooms designed to increase your body temperature as a way to achieve many health benefits. Traditional saunas have high heat and low humidity, which promotes sweating. Infrared saunas use infrared light to heat your body more directly, which means the surrounding air is cooler but the physical effects are more intense.

Benefits

- Promote relaxation
- Improve mood
- Support detoxification
- Manage inflammation & pain
- Relieve muscle soreness
- Educe joint stiffness
- Support healthy circulation
- Promote lymph flow
- Improve sleep
- Support healthy skin
- Recalibrate temperature regulation

*Avoid sauna therapy or consult your health care provider you are pregnant, elderly, sensitive to heat, take medications that impact fluid balance/ histamine, or have hyper/hypotension or cardiovascular issues.



ALC//BOULDERING (ROCK CLIMBING)



Bouldering is rock climbing stripped down to its raw essentials. Leaving behind ropes and harnesses and just using climbing shoes and a bag of chalk over safety mats, your challenge is to climb short but tricky bouldering "problems" (a route, or sequence of moves) using balance, technique, strength, and your brain.

You don't need experience or lots of expensive kit to have a go - making it really easy to get into if you've never tried it before.

The climbs are high enough to be exciting, but not so high that they're hugely intimidating. Using safety mats means that the risks of falling off can be managed, and leaving the ropes behind means that you are free to concentrate on the climbing, not the equipment. It's just you, the wall, and your friends on the ground egging you on.

Benefits of Rock Climbing for Kids

1. Keeps kids active + healthy

Rock climbing is a full-body exercise involving every part of the body including the legs, arms, core, and even the muscles in your hands. Your kids and teens will be strengthening their muscles, developing flexibility, and increasing their endurance.

2. Develops hand-eye coordination + body awareness

Climbing is a strategic sport that involves active awareness of body positioning and strategic placement of the hands and toes to move from one hold to another. This kind of body awareness training builds fine motor skills and hand-eye coordination.

These kinds of skills are especially important for younger children to develop. As kids grow and adapt to their ever-changing bodies, this is beneficial not only for rock climbing but activities in everyday life that need body awareness and coordination.



3. Increases problem solving + decision-making skills

Rock climbing teaches kids how to solve problems and builds confidence in their decision-making. Kids will learn how to strategically solve the problem of "where do I go next?" on and off the wall.

With practice, they will fine-tune their decision-making skills and make better-informed and quicker decisions. These are great life skills for your kids to learn.

4. Builds confidence and self-esteem

Finally making it to the top of the wall is an amazing feeling, no matter your age. Every climb and every problem solved is an opportunity to build confidence and self-esteem.

Overcoming a challenge, such as a fear of heights, is a major confidence and self-esteem booster. It signals to kids that they are capable of overcoming difficulties both on and off the wall. With rock climbing, your kids have the opportunity to see the result of their hard work and survey the difficulties they overcame to get there.



5. Increases concentration, focus, + patience

With rock climbing, kids and teens can hone these skills through time on the wall.

They also learn that the more they focus and concentrate on the task ahead, the greater chance they have for success.



6. Reduces stress

You might look up at that wall and wonder how anyone could feel less stressed while climbing. Yet, the focus required on the wall is, for many, a way to remove

themselves from the stressors of everyday life and just focus on the task in front of them.

For many kids and teens, the past year in quarantine has added more pressure and stress to everyday life. Some stressors include home-schooling, virtual classrooms, less time with friends, restrictions limiting social interactions, or feeling pent up or lonely at home. This is a stressful time for everyone, including our kids and teens. Climbing can be a great outlet to reduce some of that stress.

7. Develops communication + listening skills

Whether they are communicating with their instructor, their belayer, or their fellow climber, a lot of communication happens on the wall. To climb, a child needs to listen and understand instructions and apply what they are learning to the task ahead. Your kids will build valuable listening and communication skills by encouraging their peers, listening to their teachers, and following instructions

ALC//SNORKEL



What is the point of using a snorkel?

A snorkel allows you to breathe through your mouth while your face is submerged in the water near the surface. The equipment is designed to provide a comfortable experience and effective gas exchange between your lungs and the air above the waterline.

Safe Snorkel Breathing Tips:

Breathe slow and deep: Place the mask on your face and the snorkel in your mouth and breathe in and out through the tube. Breathe slowly, deeply and cautiously with your mouth through your snorkel. It is important to take slow, deep breaths to flush air from the tube.

Relax and become aware of your breaths: The sound of your breathing through the snorkel barrel will be noticeable. No need to panic. You can always lift your head above water if you want, spit out the snorkel and breathe through your mouth like a normal swimmer. Get into the slow snorkel breathing rhythm, relax and enjoy the underwater scenery.

Breathe cautiously: Part of the slow, deep relaxed breaths is to better move fresh air into your lungs, and part of it is to prevent aspiration. You will get some water in the snorkel tube at some point, sometimes either due to waves, or by letting your head dip too low in the water. You will know this has happened when you begin to inhale and water enters your mouth. When this happens, first stop inhaling and hold your breath. Now you have two methods for flushing the water from the tube.

Flush: Learning to clear your snorkel is necessary.

- The easy method is to lift your head above water, spit out the snorkel and breathe through your mouth like a normal swimmer. Tip the snorkel tube back so it is upside-down, and the water just runs out of it. Often this can be done with one hand, assisted by tilting your head back. You are ready to resume snorkeling.
- The more advanced method is to keep the snorkel in your mouth and use your breath to flush the tube. Be sure you are floating at the water surface and not submerged, then exhale forcefully to expel all the water from the snorkel tube. This can be done quickly, with less disruption to your experience.

Safe Snorkel Swimming

Beyond breathing technique is the swimming technique. Jerky movements, body tension, flailing of the arms and legs require more air exchange, and make it difficult to calmly observe our surroundings.

Instead, move slowly through the water using easy flutter kicks. Float or glide when possible. Relaxed movement is in harmony with proper snorkel breathing, uses less energy, requires less oxygen and CO₂ exchange, and fosters an enjoyable, perceptive, mindful and safe experience.

BENEFITS OF SNORKELLING

Snorkelling is a great way to explore the ocean without having to leave the comfort of the surface. For those more daring, it allows the chance to dive down for a minute or two to see something closer up a little farther down below. This fun activity is ideal for children and adults alike, and it also has some great health benefits for the mind and body.

1. **Improves breathing and cardiovascular health**

Water-based exercises are good rehabilitation techniques for joint injuries. Snorkelling has the same benefits for the body with the added bonus of taking place in the ocean instead of a pool. Like regular lap-swimming, snorkelling is a low impact form of exercise, and can be a fun way to get the kids or yourself involved in 30-minutes of exercise. Although, once you're in exploring, we're sure you'll be lost to the wonders of the deep for hours.

2. **Joint mobility and overall fitness**

Exercise releases endorphins, and snorkelling is an excellent way to get your body moving (or trick yourself into it if you aren't a fan of exercise). The increase in endorphins will in turn boost your self-confidence. The focused and controlled breathing required whilst snorkelling has similar mental health benefits to meditative techniques such as yoga. Controlled breathing may help you feel a greater sense of calm, and help relieve stress and anxiety.

3. **Good for mental health performance enhancer for water-based sport**

Utilising a snorkel while training for water-based sports helps to build lung capacity and regulate breathing in athletes. The angle of the snorkel's breathing piece allows athletes to practice their technique and positioning without having to worry about raising their heads to breathe.

4. **Back to nature**

Snorkelling allows beach goers to experience the wonders of the ocean and encounter vibrant sea life that transforms the ocean floor into what seems like another planet. Observing sea life in its natural habitat can be very relaxing to snorkelers and help relieve sufferers of anxiety and attention deficit disorders.

ALC // PADDLE SUP



Why do we do this activity?

1. It is a way of applying balance, vision, and breathing exercises. All this being aware of the movement.
2. Exercising outdoors helps to acquire concepts more quickly.
3. It is a practice that helps to know the area. And we have new experiences (we secrete hormones such as dopamine and serotonin).
4. It is respectful with the environment. And it allows us to become aware of how the sea is.
5. Helps connect with the circadian cycle. Being an outdoor activated.
6. It is an activity that when done in a group can help improve cooperation and empathy.

Great benefit of stand up paddle boarding

1. Gets you on your feet.

One of the greatest advantages of paddle boarding is that it gets you on your feet and helps maintain both your body and mind.

2. Help with balance

Paddle boarding requires a lot of balance to stand up on the board. This means that you'll be practicing both your core and leg strength to keep yourself balanced on the board. Plus, better balance can help you balance your life and general and have better focus throughout the day.

3. Reduce your stress level

Paddle boarding can be a great stress reliever due to the sedative nature of the water around you and the ability to make the action all about you. Not to mention,



falling off the board can give you a serious adrenaline rush to push off any stressful feelings. Plus, just breathing in the salt air and being on the water by yourself can be enough to get rid of any negative energy you're possessing. With just your stand up paddleboard paddle in hand, it is difficult to think about any of your past worries.

4. Exercises your whole body.

You'll be working your back muscles, core, arms, legs, shoulders, and torso, offering you a whole body workout.

As you try to stabilize yourself from gravity, your body will work hard to maintain balance. At the same time, you'll use your arms and shoulders to move the stand up paddleboard paddle forward, as your heart beats faster and releases nitric oxide. Your blood vessels will open and increased oxygen will approach your brain, improving the function of nearly every organ in your body.

5. Low impact workout.

Generally speaking, paddle boarding is a low-impact workout, meaning it can't do serious damage to your ligaments or tendons. However, this also means it's

beneficial to some athletes that experience knee or hip pain, as well as shin splints. Due to its low-impact on your body, it can help you increase your strength or recover from injuries, without doing any harm to your body.

6. Boosts your cardiovascular health.

Paddle boarding can help lower your risk of suffering from a stroke or heart attack, according to iSupWorld.com. This is because paddle boarding is similar to cross-training, running, and aerobics, all which greatly help cardiovascular health and prevent a greater risk of relatable diseases.

7. Offer your the optimal environment for meditation.

Paddle boarding is incredibly difficult to master, especially when you are just developing the ability to balance on the board itself. This also helps heighten your awareness of every move you make while on your paddle board. Psychologist researchers determine this state of mind as “flow,” which is ideal for Zen Meditation.

However, being in this “flow” state of mind can offer you a wide range of health benefits, including improved mood, focus, and cognitive function. You can also experience better memory, and improved creative and empathetic ability. From the time you take out your inflatable paddle board pump to the time you are on the water, you will be stress-free and meditative.



There's so much more to paddle boarding than just doing the activity. Not only is it fun, but it's a whole experience for your body to enjoy. Plus, it helps improve the current state of your mind and body in a calm and soothing environment on the water.

Technique: Tips To Paddle Straight:

1. Start the stroke a little away from the rail
2. Angle the blade inward toward the rail of the board
3. Pull the blade toward your feet with vertical and deep strokes
4. Swap hands and change hands occasionally

Learn how to paddle your SUP.

1. Start stroke a little away from the rail.

Reach forward as far as you still feel comfortable and balanced and plant the paddle into the water until the full blade is submerged.

2. Angle the blade inward toward the rail

By angle the blade a little bit inward toward the rail of the board

3. Drag the blade to your feet with vertical and deep stroke

Submerge the blade into the water 90 degrees angle as deep as you can and pull the paddle to yourself.

4. Swop hands and change sides

To maintain a straight line, you have to switch sides of paddling occasionally.



ALC//FREEDIVING



Freediving is similar to snorkeling; both involve floating on the water's surface and breathing through a snorkel. However, freedivers dive deeper than snorkelers and hold their breath for longer periods.

Inspirational videos

One Breath Around The World <https://youtu.be/OnvQggy3Ezw>

How to Freedive: The Basics of Freediving

Freediving is perhaps the ultimate connection between man and water. No tanks and other complicated gear—it's just you and the silence beneath the waves.

While freediving is commonly believed to be an extreme sport, for most divers, it's actually the complete opposite. This sport is open to anyone who wants to get in the water as you don't need to have any experience in snorkeling or scuba to get started. Freedivers simply have to hold their breath—some even enter a trance-like state of mind by relaxing the mind and focusing on their breathing—as they explore the underwater world.

What is Freediving?

Freediving or breath-hold diving is a method of underwater diving that does not require the help of a breathing apparatus. Instead of using an air tank, you simply hold your breath for as long as you can until you return to the surface.

With freediving, you can only travel as far as the air in your lungs will take you. The incredible feeling of pushing yourself to your limits helps explain the appeal of this sport. Therefore, the most important part of your training is learning how to breathe properly.

What is the golden rule in freediving?

The golden rule in freediving is: **NEVER DIVE ALONE**— always look for a buddy that knows how to rescue.

How to Breathe for Freediving

When you learn how to freedive, you will discover that it is important not to hyperventilate when freediving. With this in mind, there are relaxing breathing techniques that a freediver can perform right before a dive while they “breathe up” and get ready to dive. The more relaxed a diver can become, the nicer the dive will feel and the longer they will be able to stay under water without needing to breathe.

“2:1 breathing” can be used for relaxation and involves breathing out for double the amount of time that you breathed in for. For example, the diver would breathe in for four seconds and then breathe out for eight seconds. If this ratio feels difficult, they can try reducing the amount of seconds to three in and six out.

Another breathing technique that can be added to the 2:1 breathing pattern for extra relaxation is belly breathing. Most people generally breathe more from the chest, or a mix of chest and the belly. Focusing on breathing the air into the belly can slow the breathing down, which uses less energy. This will increase relaxation, reduce blood pressure, and reduce the heart rate.

BREATHING FOR FREEDIVING: WARM UP

Before I begin any breath-holding, I like to warm up the ‘breathing muscles’ (I know, how weird, you do it all the time) by doing some focused breathing. You can combine this with some stretching or yoga.

LIE DOWN OR SIT FOR THESE EXERCISES

STEP 1: BELLY/DIAPHRAGM BREATHING

- Sit or lie down in a relaxed position
- Focus on expanding your belly as you inhale, and bringing your belly back in towards your spine as you exhale
- Your ribs and chest should stay still
- Imagine air filling your lower belly

- Practice this breathing for **1 minute**

STEP 2: INTERCOSTAL/RIB BREATHING

- Think about moving your breathing action to your lower rib cage
- Keep your chest and belly still, but expand your ribs sideways to breathe
- One trick is to hook your thumbs on the side of your ribs and touch your fingers at the bottom of your breast bone. As you inhale and expand your ribs, your fingers should pull apart
- Practice for **1 minute**

STEP 3: CHEST AND SHOULDER BREATHING

- Now focus on filling your upper chest with air
- Your chest should expand forward and upwards slightly as you inhale, whilst your belly and ribs stay still
- Practice for **1 minute**

Example: <https://youtu.be/52qgs9MhGbQ>

Interesting videos:

The Secrets of Extreme Breath Holding https://youtu.be/5_Q2JPv-jWQ

"This is why I free dive": A journey into the deep | William Trubridge
<https://youtu.be/-MZetpFw7qY>

Secrets of a freediver (Spanish video) <https://youtu.be/oWMJWDJAcFE>

What diving 123 meters into the darkness has taught me | Pierre Frolla - <https://youtu.be/95xhRIJxKwO>

Inspiration in the absence of breath | JULIE GAUTIER - <https://youtu.be/2yaHKVSLfLc>

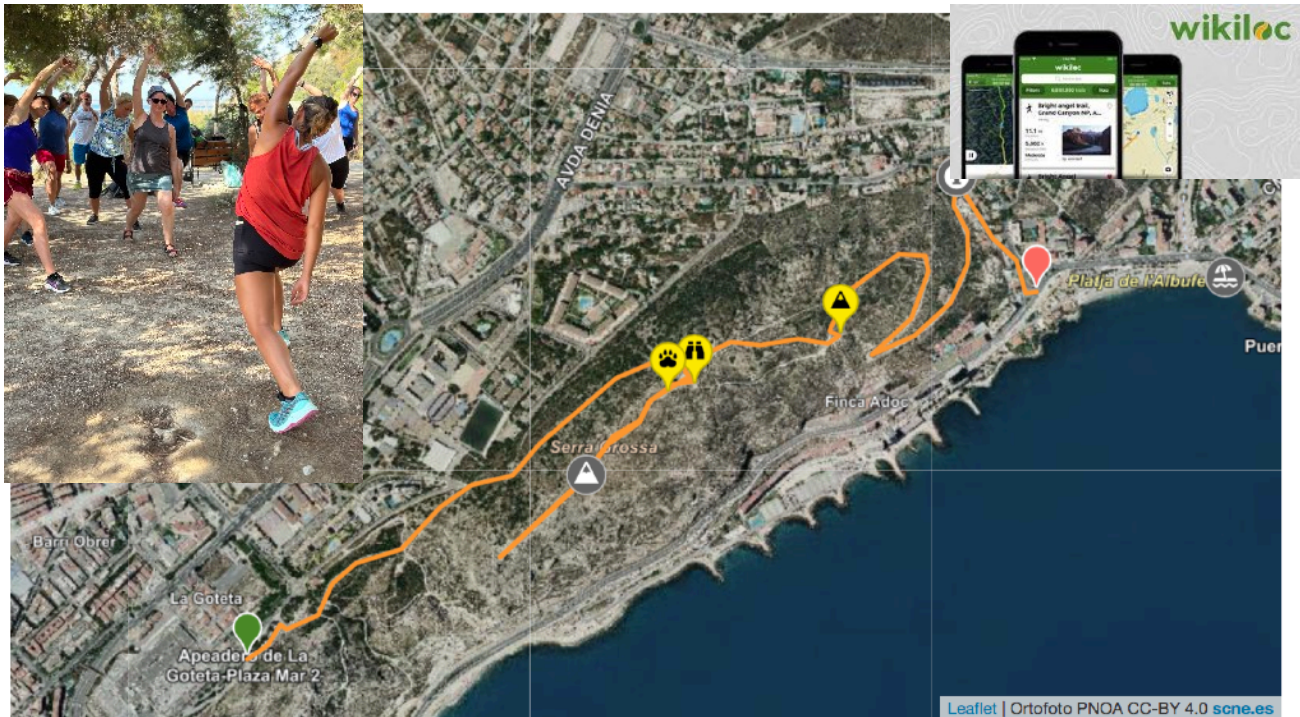
ALC//TREKKING SERRA GROSSA 'SHIRIN -YOKU'

"I went out for a walk in the woods and when I came back I was taller than the trees"

Henry David Thoreau

Route: <https://es.wikiloc.com/rutas-senderismo/ruta-1-erasmus-114271029>

Surrender to the care of nature.



Natural phenomena that you can find on your way «The trees do not let you see the forest.» We have all heard this expression countless times, but that is precisely what shinrin-yoku seeks: that you assimilate the details that you have never noticed before, that you spend time observing and looking for those details and that you see everything. from a new prism. In Japanese there are many words that describe the relationships that exist between different phenomena, and they are too beautiful not to share them. Look for them the next time you go for a forest bath.

The scientific explanation of shinrin-yoku

In fact that taking a good walk is beneficial for health cardiovascular disease, there are studies that have delved into other advantages. Shinrin-yoku has been shown to reduce the concentration of cortisone (the stress hormone), as well as heart rate and blood pressure arterial.

In part, this is attributed to the fact that trees release compounds called phytoncides that are inhaled during a walk in the woods. A 2009 study found that phytoncides help increase and stimulate the activity of white blood cells, known as "natural killer cells." These cells help fight infection and are essential for a strong immune system. In addition, it appears that the scent of cedar may also have positive effects.

Walk in silence... connecting body mind and nature

Silent hikes offer an opportunity to be immersed in nature and quiet the internal chatter that too often consumes our daily routine. Wesley Trimble, communications and creative director of the American Hiking Society, has observed a growing interest in ecotherapies such as silent hikes that meld solitude and mindfulness with outdoor recreation. "Just getting out into nature, no matter where you are, is a great way to enjoy its beauty and focus on the experience," he says.



When heading out on a silent hike or walk, in a group or alone, in a park or around the neighborhood, Trimble recommends taking long, deep, deliberate breaths. This allows the body to relax and focus on moving through space while being aware of sensory experiences.

Acoustic ecologist Gordon Hempton takes a quiet hike every day. The author of *One Square Inch of Silence* has traveled the globe for four decades in search of quiet, natural spaces in which to record ecological soundscapes such as crashing ocean waves or the snowy crickets of Washington State. "Opening up in a naturally quiet place in nature or the wilderness lets you become physically healthier, mentally clearer and more in touch with what you really want," he says.

Hempton suggests that a silent hike begin with listening, which for mammals is a primary way to gather information: "Any event creates a sound, and that sound carries information about that event." When heading into a natural area, he recommends listening for the furthest sounds and focusing on the faintest ones. "Then listen to the whole place and notice what you feel. There's nothing you need to say, but everything you need to hear."

According to Hempton, it takes less time to enjoy the benefits of a silent hike than people might imagine. "Even five minutes can produce huge relief," he says. "Don't make it a stressful thing. Recognize how much time you have, give it that and notice how you feel."

MOUNTAIN OBSERVATION AND ORIENTATION EXERCISE



Objective: This exercise aims to enhance non-verbal communication and observation skills among participants, while promoting teamwork and problem-solving.

Benefits:

- **Development of Non-Verbal Communication:** Participants will improve their ability to communicate using gestures, signs, and facial expressions, allowing them to effectively convey information without using words.
- **Observation Skills:** This exercise encourages mindfulness and active observation of details, as participants must examine images of mountains and compare their features to correctly order them.
- **Teamwork:** Participants will learn to work together as a team, sharing ideas and reaching a consensus on the correct order of the mountains. This promotes collaboration and cooperation among group members.
- **Problem-Solving Skills Development:** When faced with the challenge of ordering the mountains without using words, participants will develop problem-solving skills by finding creative ways to communicate and reach a solution.

Procedure:

- **Preparation of Materials:** Place images of different mountains in various locations within the space, ensuring visibility to all participants.
- **Formation of Groups:** Divide participants into small groups of approximately 4 to 6 people.
- **Explanation of the Exercise:** Explain to participants that they will engage in an observation and orientation exercise using only non-verbal communication. Clarify that the objective is for groups to observe the mountain images and correctly order them by height, without using words.
- **Start of the Exercise:** Groups begin observing the mountain images and must communicate with each other using gestures, signs, and facial expressions to discuss and decide on the correct order of the mountains.
- **Ordering the Mountains:** Participants must collaboratively identify the visual characteristics of each mountain, such as height, shape, and prominence, and reach a consensus on the correct order. They can use gestures to indicate heights, compare sizes, and point to the images to express their ideas.
- **Completion of the Exercise:** Once groups have ordered the mountains based on their perceived height, they can point to the images in the order they believe is correct. Review the responses with the entire group and provide feedback on the accuracy of their ordering.

MONKEY BARS: HANGING

Benefits of the Dead Hang

Hanging from a tree branch, monkey bars or a pull up bar, is something we should all be doing regularly. It's one of the most overlooked way of movement that, if incorporated into our daily life, can give great benefits. Learn the benefits of the dead hang and how to easily incorporate it into your life.

1. Spinal Decompression

When you hang, your body weight will help gently stretching your spine. This will



relieve the pressure of the spinal disks, the gel like cushions between the bones in your spine. If you have any issues with your disks this may be relieved, and nutrients can come in and help you heal.

This is great for anyone who sit a lot or have a sore back.

2. Forces in Different Directions

Our bodies, muscles and cells are used to having forces working on them in the same direction most of the time. We sit or stand, and gravity tries to pull us down, while we use our muscles to stand up. When we hang, we still use our muscles to counteract gravity but from the opposite direction to standing and sitting.

Exposing our bodies to these opposite forces helps the cells in our muscles, and in extension, our bodies, to be their best selves.

3. Dead Hang for Grip Strength

Having a strong grip will help you in your day to day life by making it easier to open jars, loosening screws and opening a bottle of bubbly!

Grip strength may also be a predictor of your overall health later in life with low grip strength being associated with higher rates of mortality and disability.

4. Dead Hang Benefit: Skin Strength

It's not only your muscles that needs strengthening but your skin does too. A weak spot in most people's upper body strength is their lack of strength in the skin. By using our hands in different ways, we will make the skin more resilient, more flexible, and more able to support what we want to do with our bodies!

5. Upper Body Stretch

By hanging relaxed from something you will stretch your shoulders, arms and back. This will help you feel more mobile either if you are sitting a lot or if you are sore from exercise.

6. The Dead Hang Benefits the shoulder joint range of motion

Many of us does not use the full range of motions of our shoulder on a regular basis. Long term, this can lead to aches and pains and an actual loss of mobility. By regularly performing a dead hang we will increase our mobility in the shoulder joint.

This will benefit everyone but if you, like me, have ever had a rotator cuff injury, this will be extra helpful in increasing, and maintaining, shoulder mobility.

MOVEMENT WORKOUT: PSYCHOMOTRICITY AND AWARENESS OF MOVEMENT

Through these games we develop body awareness, we improve primary patterns of movement, reflexes and hand-eye coordination.

1. Animal flow

- It provides the athlete with good dexterity and physical and mental abilities.
- It offers a different way of moving in space.
- Work various aspects such as coordination, flexibility, strength and stability.
- It tests physical power, mobility and endurance.
- It develops in a harmonious and balanced way because it involves all the muscles.
- Reduces pain associated with poor posture and stiffness.
- It allows to optimize postural hygiene and shapes the figure.
- It is a training program that requires concentration, so it also requires mental work.
- It produces physical changes in a lasting and profound way.
- It reduces the risk of injury and protects the joints as it is not a high-impact exercise.
- It can be practiced anywhere and anytime.
- It allows to release accumulated tensions and daily stress, providing a sense of calm and well-being.
- It is a perfect mind-body exercise to disconnect from daily worries.
- It allows you to work at a cardiovascular level and tones the muscles.



SIDE-TRAVELING APE



CRAB REACH



ALLIGATOR WALK



SIDE-KICK THROUGH



2. "Battle" touch 10 backs.



All against all. We seek to touch 10 times without touching our back.

Once 10 different backs have been touched, we can protect ourselves on the wall.

Objectives: improve coordination, peripheral vision and reflexes. The most important thing is to control your breathing. In times of stress our heart rate increases exponentially due to the release of adrenaline.

3. Three claps.

Three claps: low (squat), medium, high (jumping)

Objective: coordination, breath management



4. Chipping

The exercise simulates as if one tries to cut the opponent and the other lets him pass without violence.

Objective is to stress the one who "defends" and at the same time the one who becomes has to manage breathing through movement and spatial awareness.



5. Walking with eyes closed



OPTION 1: The walker with his eyes closed walks freely, and his partner only protects him and he can offer small guidelines if necessary.

OPTION 2: The walker with his eyes closed band playing with his arm resting on his partner's shoulder

What is the difference between the options?

Option 1, We are more aware of the environment, the ground, the sounds... We are on alert.

Option 2, We are safer, we just follow the partner. And we are not so aware of everything around us..

6. Mannequin game



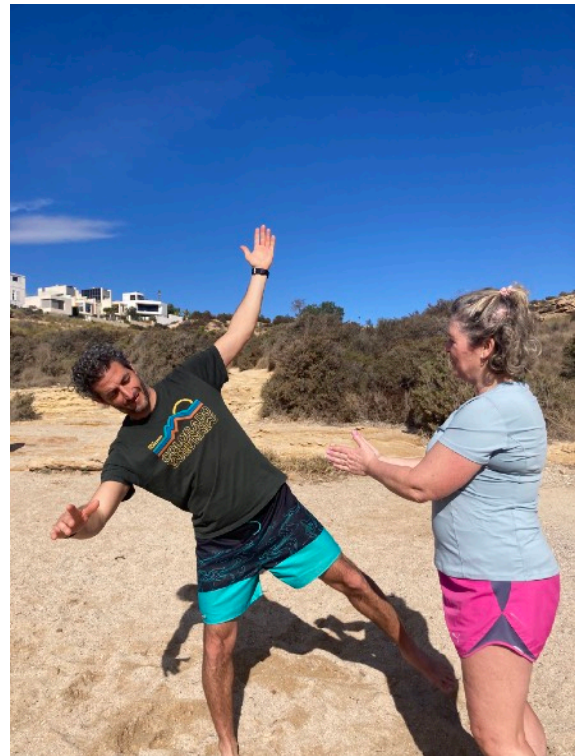
This game is based on body awareness. Body awareness allows us to know the situation of the body in space, allowing a good connection with the mind and providing greater balance and stability. Control the weight. Being more aware entails a lower risk when it comes to suffering from obesity and being overweight.

It is the ability to connect with the different parts of our body or kinesthesia. Being aware of them includes knowing where the muscles are and what their movements are, as well as maintaining posture, balance and orientation.

Body awareness also serves to be able to capture certain essential body signals, such as tiredness, thirst or hunger. In the same way with those that have to do with emotions or feelings, such as the need to not be alone or desire.

OPTION 1: The one who acts as a mannequin will have his eyes open and his partner will put him in difficult positions. The mannequin must maintain balance, the important thing will be: maintain balance, conscious breathing and attention to the environment without reaching stress

OPTION 2: Similar to the previous one but we added a complication. The mannequin will be with its eyes closed.



6. Three in a row // tic-tac-toe on the ground

Necessary materials:

- A large space (preferably outdoors).
- Adhesive tape or chalk to mark the board on the ground.
- Markers for each team (they can be small balls, hoops, cones, etc.).

Preparation:

1. Mark the board: Draw a tic-tac-toe board on the ground (a 3x3 grid).
2. Divide players into teams: Form two teams. Each team should have an equal number of players.
3. Choose markers: Each team chooses a type of marker (balls, hoops, etc.) that are of different colors or types to distinguish them.

Game rules:

Initial positioning: All players from both teams stand at a predetermined distance from the board, forming a starting line.

Turns: Teams take turns sending a player to place their marker on a square on the board. Players must run from the starting line to the board.

Placing the marker: The player runs to the board and places their marker in an empty square. Then, they must run back to the starting line for the next player on the team to go.

Objective: The goal is to form a line of three consecutive markers from the same team, either horizontally, vertically, or diagonally.

Winner: The first team to achieve a line of three wins the round.

Benefits of Active Tic-Tac-Toe

Physical exercise: Running from the starting line to the board and back increases physical activity, improving cardiovascular endurance and motor coordination.

Teamwork: By playing in teams, participants develop communication and cooperation skills, working together to achieve the common goal.

Cognitive development: The game encourages strategic thinking and quick decision-making, as players must choose the best square to place their marker.

Fun and entertainment: It's a playful and exciting activity that keeps players active and engaged, offering a fun way to spend time in a group.

Inclusion and accessibility: Being a simple game to understand and play, it is accessible to people of different ages and fitness levels.

Additional Considerations

- Safety: Ensure the playing area is free of obstacles and that players wear appropriate footwear for running.
- Variety: You can increase the difficulty or change the game dynamics by adjusting the rules, such as adding more squares to the board or increasing the distance between the starting line and the board.
- Alternating turns: To maintain fairness, teams can alternate who starts each round.

This active version of Tic-Tac-Toe not only provides an excellent way to stay physically active but also a fun way to promote teamwork and strategy!



GROUNDING (BAREFOOT)



Grounding (or earthing) is the simple practice of connecting your body with the physical earth. Throughout history, humans would have spent much of their day in contact with the earth during walking, sitting, and sleeping. In our modern world, we are disconnected from the benefits of grounding because we spend much of our time indoors or wearing shoes. Grounding has been studied and found to improve many markers of health.

How to start

- Walk or sit barefoot outdoors in contact with grass, soil, sand, etc for 30-40 minutes daily
- Use an indoor conductive earthing mat when sleeping

Benefits

- Reduce inflammation & pain increase energy
- Accelerate wound healing
- Promote relaxation
- Improve mood



It is hypothesized that the negative electrical charge of the earth recalibrates our biological clocks and provides electrons to act as antioxidants.

- Shift to parasympathetic mode
- Relieve muscle soreness
- Support healthy circulation
- Decrease blood glucose levels improve sleep recalibrate circadian & cortisol rhythms



JUGAAD CHALLENGE

Material: Cortex Challenge ([Click here](#))



Cortex Challenge is an exciting brain-busting card game, which induces family fun and tests memory, cognition, and sensory perception.

Players' brain powers are stretched to the max as they must be to be the first to match symbols, correctly remember objects on a card, or find the route out of mazes, amongst many other tests! Cortex Challenge is sure to tax the mental abilities of players young and old!

My recommendation. Use these types of games along with physical stimulation (it's great to use creativity for this game)

VISUAL MEMORY: IMAGINE THE SHAPE

Stimulating visual memory in the learning process entails several benefits that can significantly enhance information retention and comprehension of concepts. Here are some key benefits:

- **Facilitates Information Retention:** Visual memory enables more efficient storage and retrieval of visually perceived information compared to textual or verbal information. This facilitates long-term retention of concepts, data, and specific details.
- **Improves Understanding of Complex Concepts:** By utilizing visual elements such as images, graphics, diagrams, and videos, complex concepts can be represented more clearly and concisely. This helps students better understand abstract relationships and complex processes.

- **Stimulates Creativity and Imagination:** Stimulating visual memory fosters creativity by allowing students to generate visual associations and visual metaphors that enrich their understanding and retention of information.
- **Promotes Idea Association:** Visual memory facilitates the association of ideas and concepts by connecting visually similar or related information. This enables students to form and retain stronger connections between learned concepts.
- **Increases Motivation and Engagement:** Incorporating visual elements into the learning process can increase students' motivation and engagement by making the information more attractive, interesting, and accessible.
- **Facilitates Information Retrieval:** Visual memory provides visual landmarks that can help students retrieve information more effectively during assessments and review activities.
- **Adaptable to Different Learning Styles:** By integrating visual memory into the learning process, educators can cater to the needs of diverse learning styles, including those who learn best through visual and hands-on experiences.



In summary, stimulating visual memory in learning offers several benefits that can enhance information retention, comprehension of concepts, and the overall learning experience. Incorporating visual elements in teaching can be an effective strategy to enrich the educational process and promote more meaningful and lasting learning.

MATERIAL: **Pieces of woods**

MY RECOMMENDATION TO START

7. **Recognition round:**

In pairs or in a group, the one with their eyes closed has 20 seconds to recognize and memorize 2 figures.

8. **Rounds of memorizing and ordering:**

In these phases it is important to remember the order of how the pieces were placed.

Depending on age, you can start with 2 or 3 pieces in each round, increasing the number of pieces.

9. **Countdown rounds**

In this round the important thing is breathing management.



SHODO: THE WAY OF WRITING (JAPANESE CALLIGRAPHY)

SHODO is not only a highly regarded art form in Japan, it is both a skill and an aesthetic.



The depth of beauty in SHODO is the result of diverse techniques being accompanied with a flow of brush and ink, essentially with an inner silence/stillness and spiritual concentration.

SHO 書: to write, writing

DO 道 : the path, the way or the TAO

It is an ancient art separated from any other creative work. It differs in that its main focuses are simplicity, beauty and - most importantly - a **mind-body connection**.

What I found most difficult for learners is to have a **MUSHIN 無心** : the state of **no-mind, non-thoughts**, a high level of spirituality and a heart free of disturbances. You can describe this as meditative state.

We can focus on our breathing and let our body-tension go little by little.

And then we can slowly become aware of our senses and pay attention to the fine sensorial feels.



It is like a meditation.

I don't do the classic form of sitting meditation as such, however I do meditate while I do calligraphy every morning. This is my daily wellbeing ritual, it is the process of cleaning my inner filter and harmonising the body and mind and also I generate energy during my Shodo practice.

Why do I do it every day?

Because I feel clear, light and peaceful.

And the transformation and healing is very solid.

Yes, you can meditate with calligraphy. Because calligraphy-ing in a proper mindful way can unite our body and mind to get a sense of Mushin mind and generate your energy every present moment.

And you can visibly see your every momentary energy flow on the paper so you could proceed the inner connection even clearer and deeper.

How to start

The basics steps of shodo are as follows:

1. Steady you posture

Place your left hand on the paper. Straighten your back and lean slightly forward. Take a deep breath and calm your thoughts.

2. Grind the Ink

Take the ink stick in the first three fingers of your right hand. Grind it in a circle with a little water on the inkstone until the ink is thick and opaque, then push it into the deepest part of the inkstone. Repeat this process two or three times, diluting the ink with more water as needed.

3. Take the Brush

Hold the brush in the centre of the handle with your index and middle fingers on one side and your thumb on the other. Allow your other fingers to relax.

4. Write

Move the brush with your arm, rather than your wrist. Be sure also to keep your arm off the table.

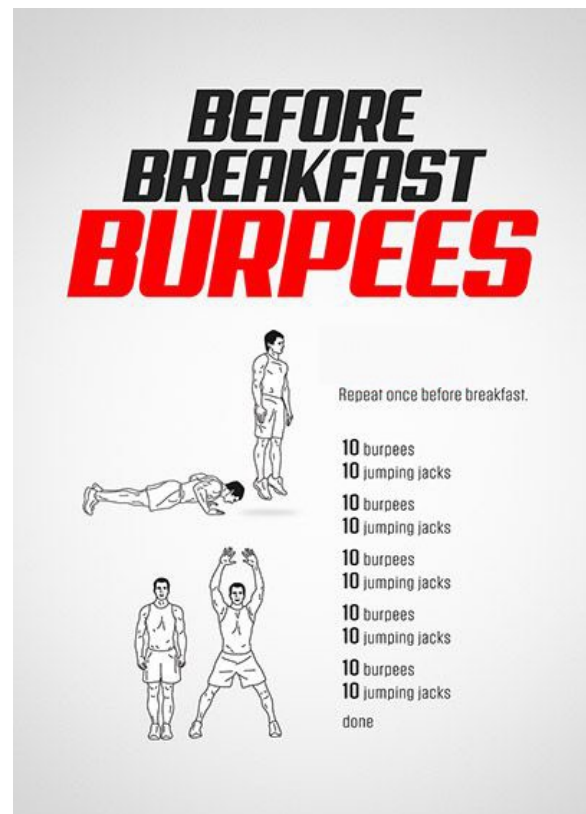
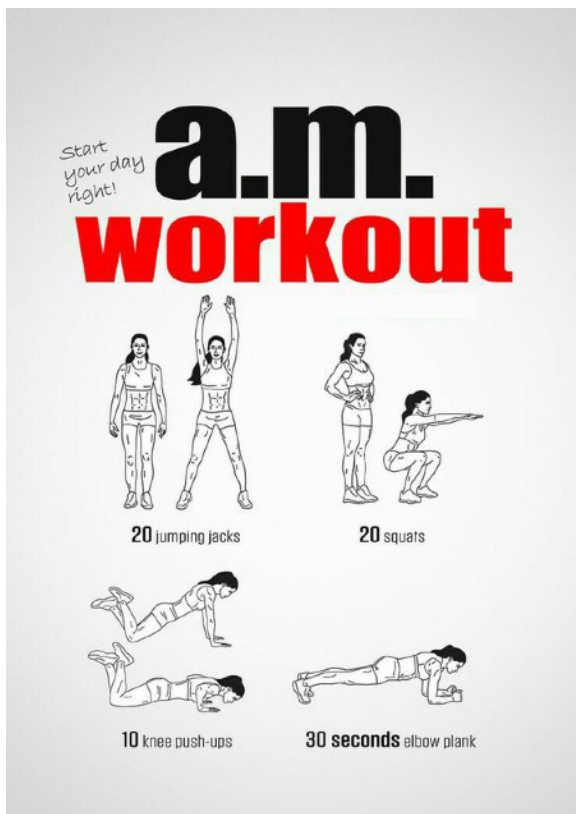
Main point

The objective is the subtle connection with the movement without forgetting the breath and the position.

“Mistakes” are welcome, means don't put the focus on been perfect, just try and try again. At the end you will become a master.



HEALTHY BREAKS (POMODORO TECHNIQUE)



The Pomodoro Technique is a time management method based on 25-minute stretches of focused work broken by five-minute breaks. Longer breaks, typically 15 to 30 minutes, are taken after four consecutive work intervals. Each work interval is called a pomodoro, the Italian word for tomato

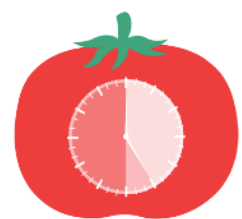
Pomodoro Techniques work for the following reasons:

1. Busy schedules Sometimes a long list of tasks can feel overwhelming, and it's easy to get bogged down in looking too far ahead in a full schedule. By breaking the day down into manageable chunks, focus is brought to one task at a time and hence reduces procrastination.

2. Shorter attention spans. We are all so used to checking our social media profiles and scrolling online that our attention spans are a lot shorter than they used to be.

How many times do you find yourself casually reaching for your phone halfway through a task or a meeting, just to see what's going on on social media?

During your focussed bursts of 25 minutes, its easy to convince yourself to not look at your phone for a shorter span rather than committing to not touch your phone for the entire day until your work is finished.



25 min working
5 min resting

This leads to more organization both for work and leisure. In the 5 minute breaks, you reward yourself by allowing yourself to go through your social media or anything else that you intend to do.

3. Control. Shorter burst of work is great in keeping the procrastination and overwhelm away as you are only focussing on one thing at a time.

This enables you to be more in control of your thoughts and therefore more in control of your work and results.

4. Creativity. Creativity flourishes in downtime, therefore five-minute breaks can help you relax and come back with amazing new ideas to solve work problems.

The short breaks also help you in breaking a state (stressed, overthinking etc) and gives you a chance to destress and get in touch with your creative side again.

5. No new kit. All you need is a timer! In fact, the name of the technique is named after the tomato-shaped timer used by Francesco Cirillo when he created it. Pomodoro is Italian for tomato.

As with all working techniques, this approach may not be right for everyone: it depends on your line of work and your own personal preferences.

Another catch with the Pomodoro Technique is, in case you do not have clarity of vision, purpose and goals, you can end up spending focussed time on things that will not move you closer to your goals.

How to rest:

My recommendation is to rest doing a HIIT (High Intensity Interval Training). I personally introduced this tactic in my college days and it has stuck with me ever since.

Benefits of HIIT BREAKS (focused on mental health):

1. In addition to the physical benefits that the activity provides, this routine also exercises mental resistance. The commitment and attitude necessary to carry out this sport causes an improvement in tolerance to frustration.
2. The intensity of the routines causes an increase in the amount of blood that the heart ejects and increases blood circulation in all the muscles, which can help to know how to stay calm in times of stress.
3. Any physical activity causes improvements in sleep routines, but in this case, the improvement in rest that



occurs is enormous, since these are routines that require a lot of energy. Being well rested is essential to be able to face work properly.

4. The 'happiness hormone', endorphins, is released, causing an improvement in mood. Physical exercise is the greatest releaser of this substance in our body.
5. In addition, the concentration and control of breathing that are needed to carry out these sports routines, favors the isolation of problems and release from work tension.

Some examples of HIITS:

HIITS for kids:

These exercises are all animal-themed by the way to make them fun for kids!

Instructions:

- **Frog Hops** These are exactly what they sound like. Hop back and forth, like a frog. Depending on how much room you have, you may need to hop in one place.
- **Bear Walk** Place your hands and feet on the floor. Your hips and butt should be in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.
- **Gorilla Shuffles** Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.
- **Starfish Jumps** These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish!
- **Cheetah Run** Run in place, as fast as you can!
- **Crab Crawl** Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and "walk" on all fours forward and then backward.
- **Elephant Stomps** Stand with your feet

animal themed HIIT WORKOUT FOR KIDS



FROG JUMPS

Hop, hop, hop up and down like a frog!



BEAR WALKS

With your hands & feet on the floor, hips high, walk left and right.



GORILLA SHUFFLES

In a low sumo squat, use your hands to balance and shuffle around the room



STARFISH JUMPS

The classic jumping jack; jump up and down spreading your arms and legs wide



CHEETAH RUNS

Run in place as fast as you can, just like a cheetah!



CRAB WALKS

Place your hands on the ground behind you, lift your hips, and crawl on your hands and feet



ELEPHANT STOMPS

March in place, lifting your knees up high and then stomping them to the ground as hard as you can

hip-width apart and stomp, raising your knees up to hip level, or as high as you can bring them up. Try to hit the palm of your hands with your knees.

And You're Done!

Take some time to cool down slowly.

Do some stretches or yoga poses and allow your heart rate to return to normal. Those 7 minutes will give you and your kiddos a boost that will leave you feeling great for hours!

The animal theme makes this workout enjoyable for kids. Encourage them to use their imagination and make this workout feel like play.

// Recommended books & material //

(Click on the title to see more)

- BOOKS -

COLD EXPOSURE:

The Wim Hof Method

BREATH:

Breath: The New Science of a Lost Art

The Oxygen Advantage: The simple, scientifically proven breathing technique that will revolutionise your health and fitness



MINDFUL:

Mindful Serenity

- MATERIAL -

Pieces of wood

(Wooden figure to improve visual memory, attention and sensitivity in the hands)

Game / Cortex Challenge



// Information about your trainer during the course //



Elena Giner

Creator and coordinator of BODY-MIND-NATURE CONNECTION: WELL-BEING FOR A FULLY AWARENESS AND HEALTHY LIFESTYLE. Erasmus + Course

If you want to be in contact you can write an email

MAIL: elenaginer.pms@gmail.com

IG: [@ERENA.GINGER](https://www.instagram.com/ERENA.GINGER) [@BODY.MIND.NATURE](https://www.instagram.com/BODY.MIND.NATURE)

Currently I am

- Director and teacher at the Koen sports center.
- Teacher at Aire Lluire school (Mutxamel, Alicante)
- Collaborator in the university degree of Teaching and Sport Sciences at the University of Alicante

// Scientific reference //

Posture:

- Detection of cognitive decline by spinal posture assessment in health exams of the general older population. <https://doi.org/10.1038/s41598-022-12605-7>
- Increase in cerebral blood flow indicated by increased cerebral arterial area and pixel intensity on brain magnetic resonance angiogram following correction of cervical lordosis <https://pubmed.ncbi.nlm.nih.gov/31001596/>
- The Anatomical Relationships of the Tongue with the Body System. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6390887/>

Breathe

- Journal of Physiology, 1999, 512
- Breathing pattern in highly competitive cyclists during incremental exercise. <https://pubmed.ncbi.nlm.nih.gov/10344461/>
- Effect of Different Sitting Postures on Lung Capacity, Expiratory Flow, and Lumbar Lordosis. [https://www.archives-pmr.org/article/S0003-9993\(05\)01472-3/fulltext](https://www.archives-pmr.org/article/S0003-9993(05)01472-3/fulltext)
- The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5455070/>

Nourish

- Weight-loss diet that includes consumption of medium-chain triacylglycerol oil leads to a greater rate of weight and fat mass loss than does olive oil. <https://academic.oup.com/ajcn/article/87/3/621/4633434>
- The impact of caffeine on mood, cognitive function, performance and hydration: a review of benefits and risks. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1467-3010.2007.00665.x>
- Actions of Caffeine in the Brain with Special Reference to Factors That Contribute to Its Widespread Use: <https://pharmrev.aspetjournals.org/content/51/1/83>
- Consumption of Fish Oil Providing Amounts of Eicosapentaenoic Acid and Docosahexaenoic Acid That Can Be Obtained from the Diet Reduces Blood Pressure in Adults with Systolic Hypertension: A Retrospective Analysis. <https://pubmed.ncbi.nlm.nih.gov/26817716/>
- Investigating the inflammatory phenotype of major depression: focus on cytokines and polyunsaturated fatty acids. <https://pubmed.ncbi.nlm.nih.gov/18640689/>
- Fermented Foods: Definitions and Characteristics, Impact on the Gut Microbiota and Effects on Gastrointestinal Health and Disease: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723656/>

**NOW IS YOUR TURN
TO PUT IT
INTO PRACTICE**

**Body
Mind
Nature**

CONNECTION

