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#Exercise The Mind Weekly Challenge

MedYoga

Tools To Exercise The Mind & Master Your Life.

Transform Fear, Anxiety & Overwhelm To Focus, Clarity & Confidence So That You Can Create The Mind, Body, Life & Business You Really Want.

Shoulderstand - Sarvangasana



Use the below to record your results this week. Set a timer so you can relax into this. Best done as part of your morning or evening ritual. Once or twice a day is great!

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Hold Position For: 5-10 Breaths						

Enjoy small simple steps to progress! Pushing through pain is not championed, yet surrendering into low level discomfort is encouraged. Please take full responsibility for your own well-being & be sure to listen to your body's needs & messages. Ensure you warm up before any intermediate or advanced MedYoga posture with a beginner's pose. MedYoga is great after any exercise to remove lactic acid build up.