

The Power of Somatic Intelligence

30-Day Plan

For transformation to occur we need to implement what we've learned into our daily lives and create a new habit, replacing the old behaviour. If you won't act on it within 24 hours of finishing the retreat you risk forgetting what you have learned. The body needs repetition in order for the habit to stick. To help you achieve this we'd like you to fill this plan during your retreat and to use it over the 30 days following your program. Be sure to make time every morning between 15-30 minutes to practice. Please write in your plan the daily exercises you intend to work on over the coming month. Focus on both easy fun ones as well as where you feel challenged. Write down exercises from both the morning practices, such as meditation and visualization, as well as exercises from the various classes, such as sabrosura, elegance, intention, tempo, pride etc. Then, repeat the plan each month until you feel it has become second nature to you.

**By doing this you are designing your desired lifestyle.
Don't forget to have fun with it!**

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