



PHYSICAL FREEDOM IGNITED

We are asked constantly to perform with physical freedom. SURE! So many things keep up from feeling physically free.

- Work
- Anxiety
- Must-do
- People
- Lack of sleep
- Bad diet
- Traffic
- Lack of organization
- The weather
- And many more

Some of the things that will help us to relieve some of the "stressors" or the tension that builds in our bodies might be:

- ALLOW ourselves to relax
- Exercise
- Good sleep
- Find places to relax
- LAUGH OFTEN!
- Be with people that make you feel good
- Take time for yourself
- Create mental closures

Physical Freedom has to . . .

- Be real / authentic
- Come from within

You have to LET YOURSELF GO!

- Your ideas? _____

