

Body Mind Nature

CONNECTION

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

OUTDOOR AND ENVIRONMENTAL SESSIONS.

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 -

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// 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.

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.

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.



Breathing Light = improve blood flow and O₂ delivery

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:

If we include this action in our day to day, it is because it is a necessary hormetic stimulus to be more adaptive.

It will be very easy to include it, you just have to apply it after each workout for 5 minutes.

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.

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

First series 20", second series 25", third series 30"...

POSTURE

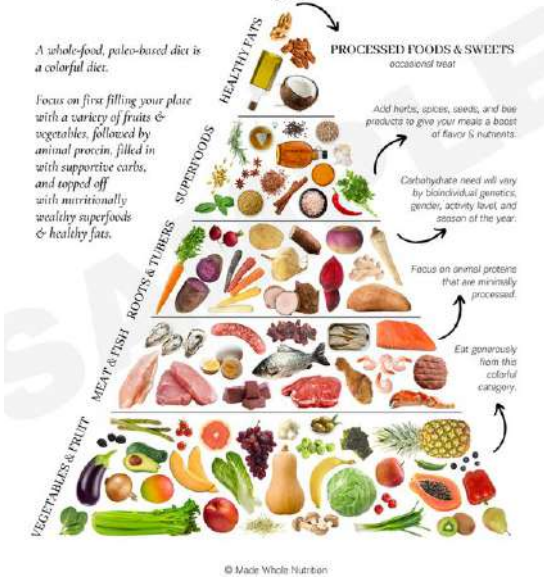
Body posture is constantly processed by the body in a binding way: depending on the posture, the brain will act in one way or another. There are fusion zones in the brain between body posture and cognition, emotion, or behavior. Every day there is more scientific evidence that supports the importance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

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".

// Healthy Breakfast //

Paleo Pyramid



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.



// 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.

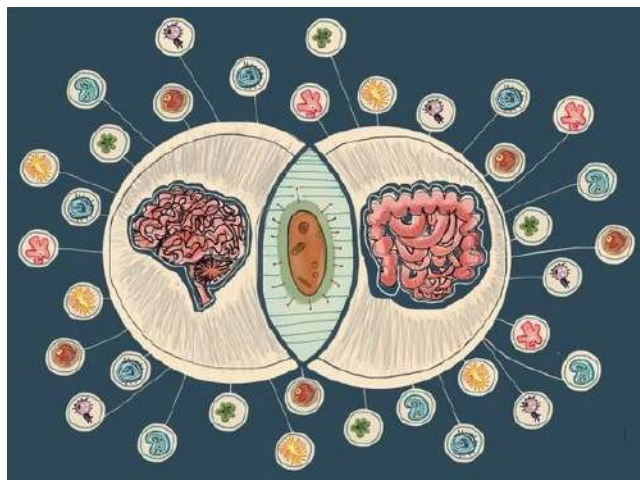
Do not worry if some days you spend 10 hours and others 12 or 14, the idea is that there are windows without eating so that the intestine can regenerate.

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_jhqqWnkFA?t=379 ("Fasting" - ep. 3 of Limitless in which Chris attempts a 4-day fast)

// How we see the word //



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.

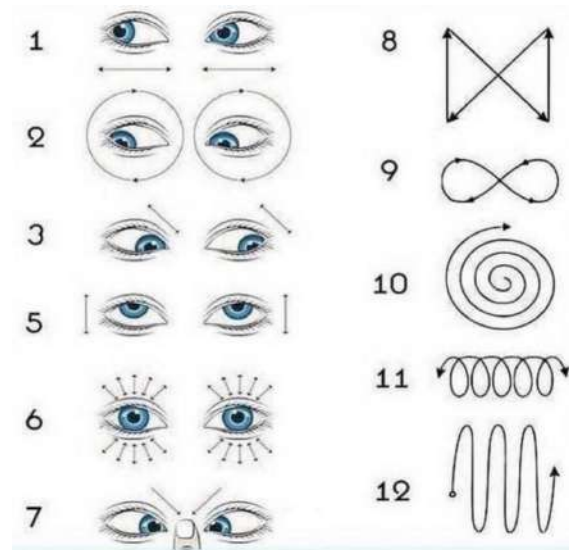
1-Relaxation 2-Shifting 3-Central Vision 4-Blinking 5-Breathing

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.

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.

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.

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

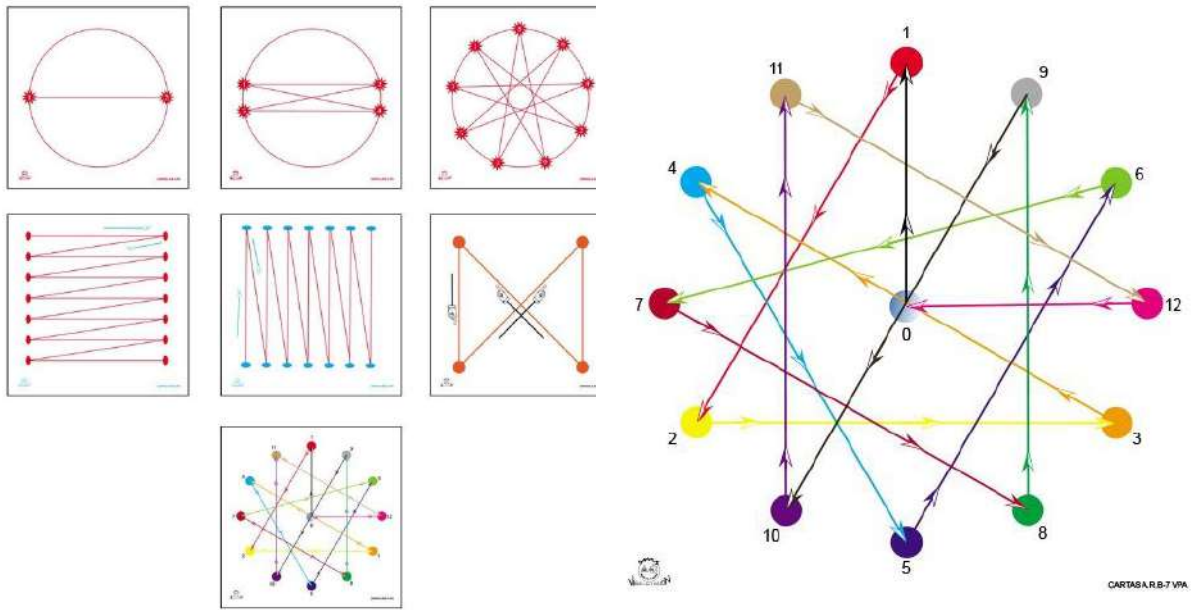
In a group.

Passing the ball one side at the same time.

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



5. Oculomotricity cards (reflexes and coordination)



Remember

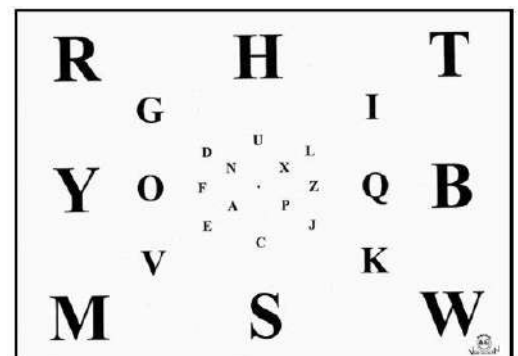
- Look for an upright and balanced position.
- Relaxed shoulders.
- Blink all the times you need.
- Remember to be aware of the movement of the eyes, your posture and your breathing.
- All exercises can be done with an eye or two. The important thing is to perceive the movement of the two eyes.

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

6. McDonald cards (Peripheral vision training)

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.

7. Harts cards peripheral vision training



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.

Examples of exercises (5,6 and 7)

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...

7. Visual memory: imagine the shape

1. **In a group.** With your eyes closed you have to touch the figure to recreate it.



// Nature and implementation //

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. Redice 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 it's 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.

TREKKING SERRA GROSSA 'SHIRIN -YOKU'

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.

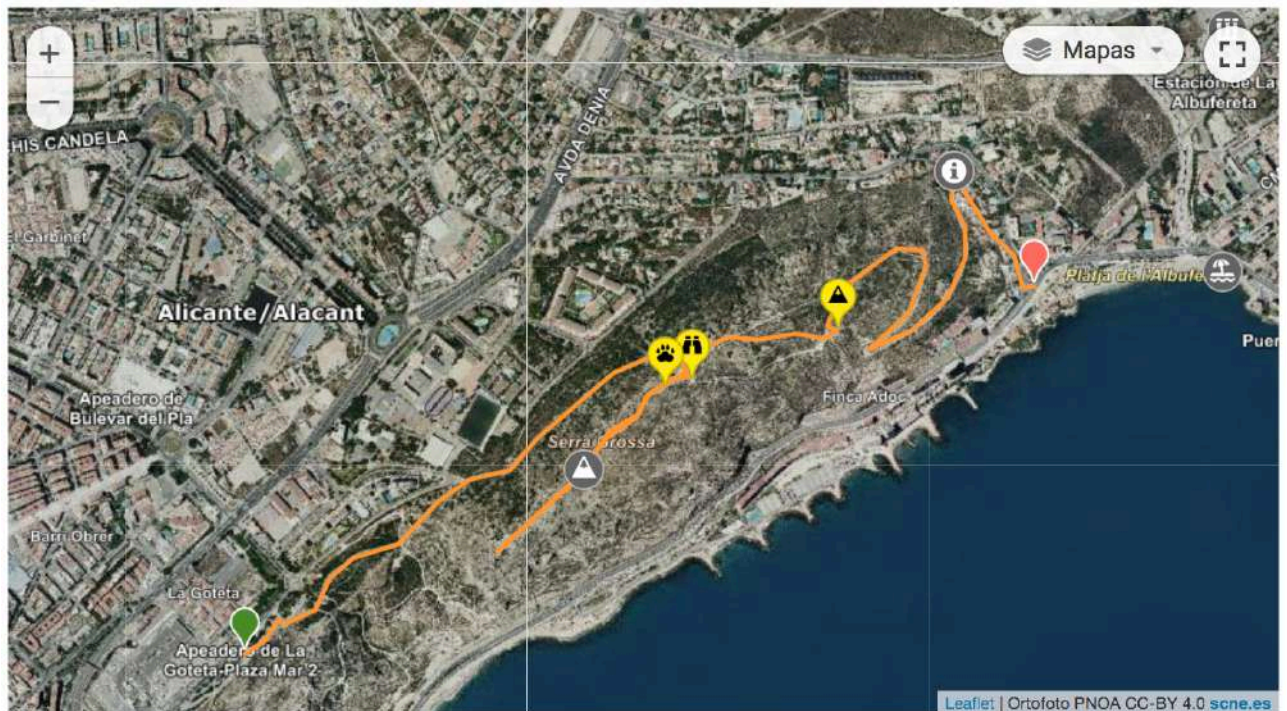
The scientific explanation of shinrin-yoku

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.



“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>

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



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

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.



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..



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.

