

Week 5 – Video 13 Homework

- ✓ Practice meditation – 15 minutes daily
- ✓ Practice the body scan – formal and informal
- ✓ Practice yoga through a mindful movement lens – try at least 3 different sequences
- ✓ Continue with your goals
 - Cardiovascular exercise
 - Value-based activity
- ✓ Resources for neuroplasticity:
 - What is Neuroplasticity?
<https://positivepsychology.com/neuroplasticity/>
 - Neuroplasticity <https://www.youtube.com/watch?v=ELpfYCZa87g>
 - Demonstration of neuroplasticity (riding backwards bike)
<https://www.youtube.com/watch?v=MFzDaBzBIL0>
 - 6 brain exercises for neuroplasticity
<https://www.youtube.com/watch?v=jwINOUngqYA>
 - How Meditation can reshape our brains
<https://www.youtube.com/watch?v=5mTtc3o1RQw>
 - The 5 minute mind exercise that will change your life
<https://www.youtube.com/watch?v=oo5caGP5dAE>
 - Reprogram your brain – 5 minute brain rewiring exercise
<https://www.youtube.com/watch?v=FRR2cMPXTLU>
 - How to increase neuroplasticity (6 neuroplasticity exercises)
<https://www.youtube.com/watch?v=QlowKKCx-1s>
- ✓ Resource for yoga:
 - Yoga for pain relief: yoga offers effective relief for back pain, fibromyalgia, and other chronic pain issues -
<https://www.yogauonline.com/yogau-wellness-blog/yoga-for-pain-relief-yoga-offers-effective-relief-for-back-pain-and-other>
- ✓ Yoga options:
 - 49 second modified sun salutation
<https://www.yogajournal.com/video/salute-the-sun-modified/>

- Chair sun salutation
<https://www.yogajournal.com/practice/beginners/how-to/chair-sun-salutation/>
- Morning yoga- <https://www.youtube.com/watch?v=f3-VGAND8Aw>
- Gentle chair yoga
<https://www.youtube.com/watch?v=1DYH5ud3zHo>
- Beginner yoga/stretch class
<https://www.youtube.com/watch?v=5yf0nLjAWd8>
- Yoga workout for older adults
<https://www.youtube.com/watch?v=NDLad2vOHkU>
- Boho Beautiful yoga <https://www.youtube.com/user/cexercize>
- Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>