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You've just crossed over to the next phase of the challenge, you completed 7 days in a row!

Today it's time to reconnect, refocus and be in your awesome body!
Enjoy today's flow, and think about how much **integrity** you have. You committed to this program and you are doing it!

I was reflecting on integrity recently, and shot a [#motivationalmondays video about it](#). Enjoy!

30-Day Challenge Workout Eight: Active Recovery

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Gratitude Sun Salutations

Format: do 20 sun salutations, bringing to mind a person or thing that you are grateful for with each one.

- 1- Begin with your feet together and firmly planted on the ground.
- 2- Raise your arms above your head to mountain pose, palms together. Then bring them down into prayer post at heart center.
- 3- Fold forward over your feet, hinging at the hips. Feel free to bend your knees.
- 4- Place your hands on the ground and step back into a tall plank, hands just below shoulders, good core engagement (don't arch your back).
- 5- Lower down in a chaturanga push-up (which means keep your elbows hugging in close to your sides). Feel free to drop your knees down.
- 6- As you reach the earth, flip your feet over and press yourself up to an upward facing dog, feeling a gentle stretch through your core. Lift your head.
- 7- Press your hands into the earth and send your hips to the sky, pressing into a downward facing dog. Allow your heels to sink toward the earth, elongating through your hamstrings.
- 8- Step your feet back to your hands and rise up to mountain pose. Repeat.

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Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

**You got through the first week - and I know you
are in integrity with the commitment you have
made to yourself!**

**[Join me today and get even more in alignment
with your #integrity.](#)**

