



UKEE RECREATION RECREATED



Week 8 Theme: Focus

INSTRUCTOR PEEK

Sarita is the founder of Wild Onion Yoga and has been teaching yoga for 6 years. She is offering a three part guided audio practice with three different intentions.

They can be practiced in order or chosen based on the support you are seeking in the moment. Utilize these practices as little or as much as you like. They are for you and please share enthusiastically!

FUN RESOURCES

[How to NOT get Distracted - 10 Practical Tips to Sharpen your Focus](#)

[How to Create Distraction Free Workouts](#) - Wikihow

Social Distancing Song of the Week: [Who's Zoomin' Who?](#) - Aretha Franklin

PHYSICAL CHALLENGE

This week's physical challenge is a yoga audio series by Sarita Mielke of [Wild Onion Yoga](#). She has designed each recording with the intention of guiding you through a yoga practice utilizing a 'technology-light' method to reduce distraction and get you away from a screen. The idea is to help you focus more on your bodies needs and less on recreating the yoga shape on your screen.

WELLBEING CHALLENGE

Your wellbeing challenge for the week is to remain focused in everything you do. As the world enters week eight of working from home, perhaps the novelty has worn off as well as our focus toward our work or even home schooling your children. Check out these [12 Ways to Stay Focused and Productive when Working from Home](#). Since our daily screen time has skyrocketed, we're encouraging you to put the phones and tablets down! Don't forget to share your tips on staying focused in the comments below.

FITNESS TIP

Ever experience that overwhelming feeling of exhaustion while doing something physical? Sometimes in cases like this, focus can become your best friend. Check out these [10 Tips to Stay Focused While Working Out at Home](#)

