



Ukee Recreation Recreated

APRIL 14, 2020



THEME: MIND, BODY, SPIRIT

INSTRUCTOR PEEK

"WELCOME to Yoga With Adriene! Our mission is to connect as many people as possible through high-quality free yoga videos. We welcome all levels, all bodies, all genders, all souls! Browse our library of free yoga videos to find a practice that suits your mood or start a journey toward healing. If you're brand-new to yoga, check out my Yoga For Beginners and Foundations of Yoga series."

FITNESS TIP

Strive for at least 150 minutes of fitness per week, that's only 21 minutes per day! Being active shouldn't be a chore and should be incorporated in ways that will get you excited. Let us know what activities you get up to that get your heart rate up and bring you joy! Send us an email at recreation@ucluelet.ca and stay connected with us!



@UkeeRecreationRecreated



@UkeeRec

PHYSICAL CHALLENGE

Take a yoga challenge with online sensation, [Adriene](#)! Yoga is proven to have a TON of health benefits and if this is a new concept for you, we challenge you to give it a try! Watch your mood change and your muscles become more fluid!

WELLBEING CHALLENGE

Drink a tall glass of water and write down 6 things you're grateful for today! Do this with your family and friends to remember the good things in life. Take it one step further and write a positive affirmation on your bathroom mirror. Something that will make you smile when you first wake up and before you go to sleep.

FUN RESOURCES

Have you heard of Project Happiness Global? Click [here](#) to find out more about the Science of Happiness.

Did you know: You can trick your brain into thinking you're happy by smiling? [Click here to find out how](#)

Chi Gong Instructor, Jan Draeseke has a brand new video out on our [Youtube](#) page! Don't forget to check it out.

In the name of social distancing, this week's song of the week is:
[U can't touch this - MC Hammer](#)