WORKOUT PLAN TO INCREASE FOCUS



What: Sun salutation

When: 1-2 hours before you need to concentrate

How often: 1-2 times per week, or as often as you need to concentrate

What to do: Do the following poses in order, for one minute each.

Mountain pose



Upward salute



Forward fold



Halfway lift



Plank



Low plank



Upward dog



Downward dog



Halfway lift



Forward fold



Halfway lift



Mountain pose



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Check out this live demonstration for better understanding.



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