

EFFORTLESS EXERCISE for Creative Entrepreneurs

An Exercise Practice to Center Distracted Minds and Tap Creative Flow

Center your focus on your posture, technique, or point where your breath enters the body

Effortless exercise is an active meditation, with no end in mind beyond the pleasure of moving the body and activating creative intention.

When you notice your attention has wandered, return to the focal point.

DON'T THINK

JUST MOVE



Exercise alone, without measurement. Aim for awareness and pleasure.

Get out in the fresh air whenever possible, even when weather is uninviting

Wake up to your surroundings, enjoy your movement through space



All you need is 15 mins every day

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