



CONNECT
WITH YOUR WHOLE SELF
AND THRIVE!

hbm

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HEATHER B MUNRO.com

The Foundation

A four part video series in order
to awaken, mobilize and connect
with various areas of the body
that are often tight, stiff and sore.

Welcome

I am so excited to be here with you all in video format. This is the beginning of many series and courses to come. So, thank you for saying YES to this journey together and to yourself.

This Series is all about Foundation. Accessible movements in order to get more parts of your body moving more often as one of my mentors Katy Bowman speaks of often. Four, 20 minutes videos that you can come back to time and time again. Here you will find various ways to wake up and enliven different parts of the body and many of the tissues that are often tight, stiff and sore and ways to refresh and awaken your body and mind any time of the day. Great for pre, or post-hiking, walking or your gym sessions. And, if you are new to me and how I teach and what I am passionate about sharing and exploring this is a great place to start.

If you are currently attending in person classes with me this is also a great way to keep practicing what we do in class and to hone-in and get to know your body more specifically while moving in these various ways. Then you can bring those awarenesses and insights back to class while we are moving and grooving together.

Start with Video 1 and work sequentially through video 4 to begin with. Because we explore different areas of the body feel free to practice four days in a row. Or, disperse the practices throughout one week or two. Most importantly, connect in with your body, your needs and desires before beginning and notice what you need day to day. And, if you do not receive a clear answer on what you need, go back to the feet. They could always use a little more attention and lovin'.

NOTE: Please read through the README.PDF file for help with the content.

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After that initial time with the four videos, come back whenever you want or when you know you need to focus on that specific area of the body.

I am here for you. If any questions arise do not hesitate to reach out to me via email. Thank you for being here and showing up for YOU. The more we show up and care for these bodies and ultimately are whole selves, the better we are able to show up for the rest of our lives.

We've included a Help Notes at the end of the PDF file with some troubleshooting tips to get the most out of your practice. Start by reading the Help Notes if you run into any trouble viewing the videos.

I look forward to the continued journey together through movement, mindfulness, meditation and beyond.

See you on the mat!

A handwritten signature in black ink that reads "heather B munro". The "B" is large and stylized, and the "munro" is written in a cursive script.

Heather B Munro
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A stylized logo consisting of the lowercase letters "hbm" in a cursive, flowing script. Below the logo, the text "HEATHER B MUNRO.com" is written in a clean, sans-serif font.

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Intro Video

The Foundation - 4 Part Video Series

Welcome and Intro Video for the course.

[CLICK TO PLAY VIDEO](#)

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Video 1: Feet

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Accessible foot mobilization. 20 minutes to explore and open your feet, ankles and lower legs.

You will need a tennis ball or something equivalent, a half foam roller, rolled up towel or skinny bolster and optional blanket to pad your knees.

[CLICK TO PLAY VIDEO](#)

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Video 2: Hands + Wrists + Arms

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Enliven your upper with these simple movements. 20 minutes of dedicated practice in order to refresh your fingers all the way up to your shoulders.

You will need 2 yoga blocks or equivalent, a yoga strap, belt or equivalent, and optional blanket to pad your knees.

[CLICK TO PLAY VIDEO](#)

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Video 3: Balance

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20 minutes dedicated to Balance. Do not skip this! We need to practice balance weekly in order to balance (pun intended, *hehe*) all the other movements we do in our lives.

If you are not including some sort of balancing movements in your weekly practices, please start now.

This 20 minute video will help you get started. Balance basics and some new awarenesses to consider as you move through life. Great practice to strengthen the feet and lower legs too!

You will need two yoga blocks or equivalent.

[CLICK TO PLAY VIDEO](#)

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Video 4: Hips

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Hip Mobilization with a little strength sprinkled in. 20 minutes to move the hips in many different directions and my current hippy ;) favorites.

You will need two yoga blocks and optional yoga bolster or yoga blanket to sit on.

[CLICK TO PLAY VIDEO](#)

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Extra Content

The Foundation - Freebie Bonus Video

This is the same free video I offer my community email list and have included it here as a bonus so you have access to everything in one place.

These are my current favorites from Fall 2018 all packed into a 30-minute video. Pick and choose your favorite pieces in this video to practice along in between sections or as an ongoing filler for your home practice.

In this video you'll find Hip Opening, Shoulder Mobility, Full Body Strength and a wee bit of some gentle Heart Opening.

I am so excited to begin offering you all more opportunities to stay connected to our explorations now outside of the studio. Shorter practices to help you on your way to moving more parts of yourself more often.

[CLICK TO PLAY VIDEO](#)

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READ ME – help file

We've worked hard to try and make this course as easy and seamless as possible with an attention to the multitude of browsers, platforms and devices available, but the reality is that not everything works all the time.

Please have a look at the recommendations below to solve any issue you're having.

Reach out to our support team if you're continue to encounter issues with the content or videos – support@heatherbmunro.com

Thank you registering for the series and good luck with your training!

Watch the videos

The button in the Booklet is a link that will lead you to a web page and will open your default web browser to view the webpage. Depending on your security settings, you may get a warning asking, "if you trust the webpage". Simply click on "trust" or "allow" to proceed to the webpage for the videos.

The course content is protected using 128-bit encrypted SSL connection so you know it's secure.

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Alternative to viewing the videos

If the button isn't working for you, please copy and past the following links to access the video pages:

Intro video:

<https://courses.heatherbmunro.com/the-foundation-4-part-video-series-intro/>

Video 1:

<https://courses.heatherbmunro.com/the-foundation-video-one/>

Video 2:

<https://courses.heatherbmunro.com/the-foundation-video-two/>

Video 3:

<https://courses.heatherbmunro.com/the-foundation-video-three/>

Video 4:

<https://courses.heatherbmunro.com/the-foundation-video-four/>

Extra Video:

<https://courses.heatherbmunro.com/the-foundation-video-series-freebie-video/>

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