

precision

song: *Focus On Sight* – Thievery Corporation

week #43

precision: (n: own it)

- Accuracy, exactness; strictness

attention, carefulness, exactitude, meticulousness

Accuracy of any sort is goal oriented. If you wish to communicate clearly, you must first know the message you wish to relay – and then speak with exact intent.

“All I had to do was go out and perform. One of the hardest things was doing those back flips, where you had to jump up and land on the top rope. It’s precision movement.” -Owen Hart

Precision in exercise movement yields not only beautiful performance, but also higher caloric expenditure, and greater integration of very fine intrinsic muscles; a smarter body.

“A few well-designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortion.”

-Joseph Pilates

This week, work with accuracy towards well-defined goals, and watch the colors, sights and sounds sharpen with intensity all around you.

“Concision in style, precision in thought, decision in life.”

- Victor Hugo

Action: This week, we practice something simple – and incredibly challenging, all at once. **Precision.** With your words, and with your actions – succinct – absolute.



Accuracy (of any sort) is goal oriented. When you practice your Charlie’s Angels exercise, look over your shoulder to the same spot with each repetition. Move with dedicated precision and you will sculpt your body into beautiful symmetry.

October Color: Cerulean

Cerulean, a color of poise, can inspire you to take strong action when needed.

October Chakra: Throat Chakra

Precision of speech and writing are essential to a well balanced throat chakra and communication energy source.