



MINDFUL MOVEMENT

instructions

Mindful movement or gentle yoga can develop strength, balance, flexibility and body awareness. Our mindful movement emphasizes awareness and balance. Move through the poses carefully and slowly, holding attention inside the body. Please consider the following as you practice mindful yoga:

BREATH

After doing a pose (or anything else), momentarily bring attention back to the breath as a means of letting go of distractions and being present in the moment.

LIMITS

Experiment with staying at your limits longer than you might otherwise. Get curious! This can help you work with limits in other parts of your life. But don't push past your limits either – take care of yourself. Play with the edges.

PAUSE

Get still after each pose to tune into the results of having done the movement. Take time to see what you've done and what effect it has.

NOTICE JUDGMENTS

Notice judgmental thoughts that arise about the body: about its appearance, limitations, and so on. Practice noticing these thoughts as "just thoughts" and return attention to the body. Offer kindness.

DISTRACTED MIND

Notice that even when you're intending to focus on the movement, you are often distracted. Normal! :) Watch the distracting thoughts and their contents without indulging in following them. Make an effort to let go of the distractions and bring the mind back to the body, back to the moment.

RELAXATION

Practice dropping into a state of relaxation. This is not a doing but rather a non-doing. A cessation of activity. A letting go. One of the sensations may be feeling how gravity pulls the body down.

FATIGUE

Bring awareness to fatigue in your muscles during poses. Outside of yoga, this same awareness will help you see when you're fatigued and may help you see (in the moment) what's causing the fatigue. Practice tuning in to subtle messages from the body.

REACTIVITY

Are there things about the yoga that "Rub you the wrong way?" What are they? What is here to be learned? Use frustration, anxiety and fear as a path to learning about yourself.

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