

A SHORT MINDFUL PRACTICE

This short mindful practice is great if you are new to the practice of Mindfulness as it concentrates on the posture. You can do this practice sitting, kneeling or laying down. Each variation in position will teach you something new about your body and how it responds to being mindful.

- Sit in a comfortable position or lay on the floor legs out in front.
- Rest the backs of the hands in your lap or on the floor to the side of your body.
- Notice how your body feels, and your position. Are you slumped or sitting/laying straight?
- Now breathe.
- Imagine that a piece of string is attached to the top of your head, gently pulling you upwards. This motion will make your spine engage and lengthen and if you are sitting your back will automatically leave the wall or chair back and become supported by your body.
- Breathe.
- Notice how your body feels, and your position.
- Allow your chin to drop slightly and your jaw to soften. Close your eyes if you wish.
- Take several rounds of slow, meaningful inhalations and exhalations.
- Slowly open your eyes and bring your awareness back to your surroundings.
- Note how you feel. If you keep a mindfulness journal, write it down.



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