

## Beginners Series

Welcome to the first practice in our **Beginners Series**.

This short mindful practice is great if you are new to the practice of Mindfulness as it concentrates on the posture and only takes a few moments. 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.



Remember, don't force your body to stay in a position where you do not feel comfortable. Play around with it, and find something that works for you.

- Sit (on the floor or on a chair) or kneel 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.
- Breathe.
- 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 keeping your spine long and your face soft.
- When you are ready slowly open your eyes and bring your awareness back to your surroundings.
- Practice this daily for a week or when ever you feel the need, keeping note on how you feel at different times of the day, week or month.
- Start a mindful journal to help keep a diary of your thoughts, routines and progression.

Next week we will begin to breathe.

Have a great mindful week everyone.