

Beginners Series

Welcome to the sixth 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.

Welcome to week six!

And here we are at week six! Over the last five weeks we have looked at posture, breathing, body scanning, listening, and walking.

As you begin to develop your mindful practice you will start to find that you automatically begin to put all of these aspects together quite naturally. Your spine will become longer, you will walk tall whilst paying attention to your surroundings, your breath will be regular and rhythmical, and you will notice how your body is feeling.

Don't be disheartened if someday you struggle with any one or all of these aspects. Mindfulness is a work in progress. Some days, even after months of mindful practice my mind remains scattered and I can feel frustrated whilst in practice, other days it comes so naturally and I can find myself happily seated for a long while completely focused on my present place.

Over the coming weeks I would encourage you to keep practicing each one of these exercises and journaling how they made you feel. If you have been keeping a journal since the beginning, go back and compare how your earlier practices felt to how they feel now.

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Being Mindful Yorkshire take no responsibility for injury caused during these practices and they should not be used in place of medical advice. Always consult your GP or Mental Health Practitioner.

Take the opportunity to have some mindful me time each day, take a short walk at lunchtime and appreciate your surroundings, or go and sit in a quiet corner with your lunch and enjoy it rather than gobbling it down whilst working. Invest in a mindfulness app for your smart phone or download a podcast or even just listen to some relaxing music. Take a bubble bath and just be at one with the warm water. Do some yoga. Go for a walk with friends or play mindfully with your kids..... the possibilities are endless.

Thanks for being with us over the last six weeks. Have a great mindful journey everyone.