Approaching Mindful Movement

The word ‘yoga’ means yoking together the body and the mind. Any movement done with mindful attention is an opportunity to listen to our bodies and to see what kinds of transformation are possible when we are mindful of our movement and posture in this way. What we do with our bodies affects our minds and what we do with our minds affects our bodies.

With all the mindful-movement practices it is very important to take care of yourself and always allow the wisdom of your own body to override any instructions that may be given. Especially if there are any health or other difficulties that might make standing for long periods or stretching and bending unwise, it is important to make an informed choice about whether and how to do these.

That said, there can also be a natural human tendency to pull from discomfort and part of the value of these practices is to find another way of being with what is difficult, without always pulling back.

Tips for the Mindful Movement

1. Allow yourself to explore your limits, rather than push past them
2. Practice bringing the mind home to the body sensations of the moment
3. Notice any judgements that arise
4. Be open to any pleasures or discomforts that arise during the movements
5. Notice how different movements change the way you breathe
6. Pay particular attention to the transitions from activity to rest.

See below for images of postures, or, if you are find it hard to follow on your own and it would be helpful to be guided in Mindful Movement/Yoga, here are some free links to very good quality guidance:

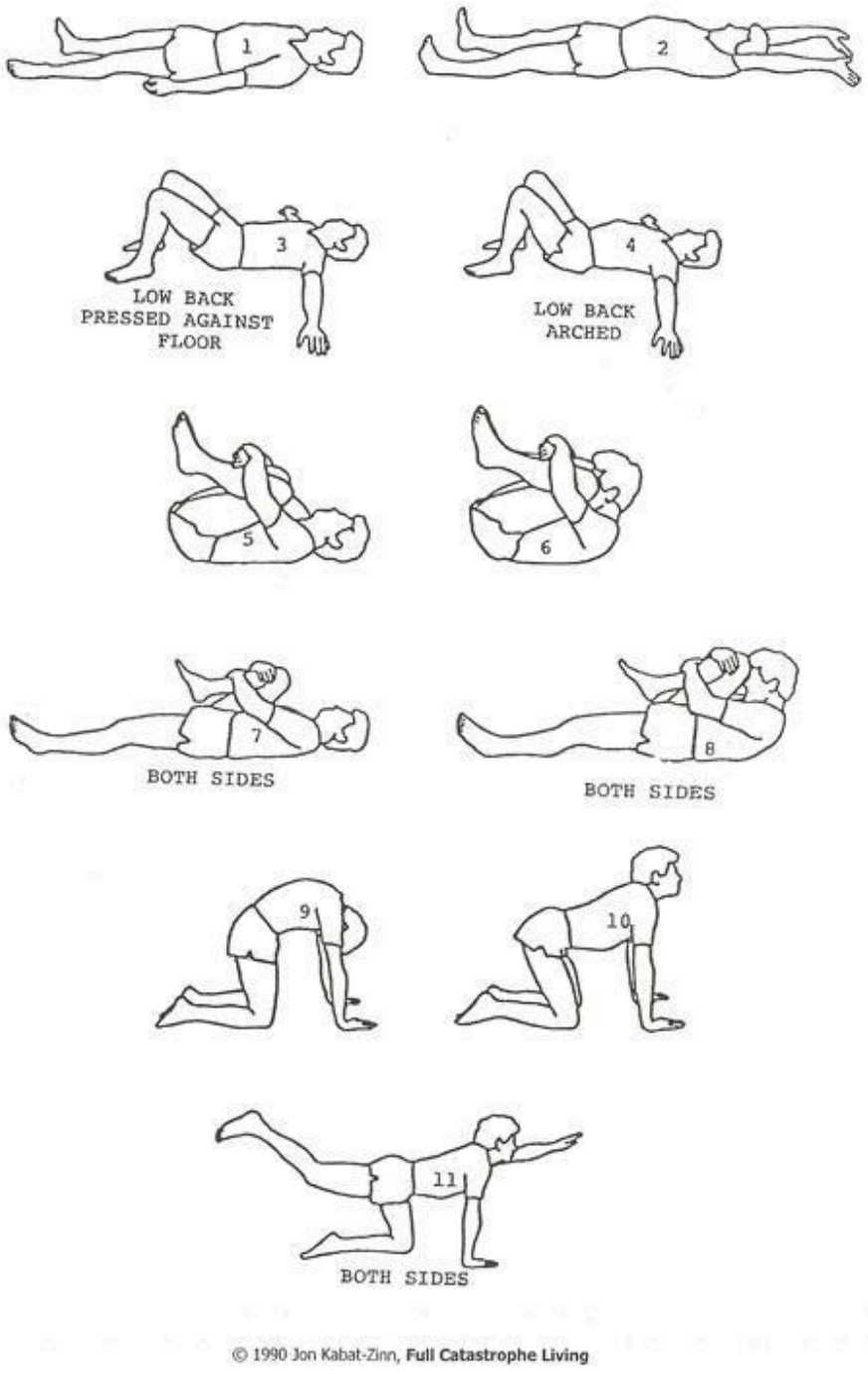
1. Mindful Yoga among some other practices. Note one of the practices is about 40 mins long (that was the standard when Hannah and I trained to teach mindfulness!)

https://www.guilford.com/companion-site/The-Mindful-Way-through-Depression-Second-Edition/9781462553921?srsltid=AfmBOopFfnLN95m9B_-8DjBh_1SW0R5V4WVTFyySeqV2X5Xvs3VW3p6-

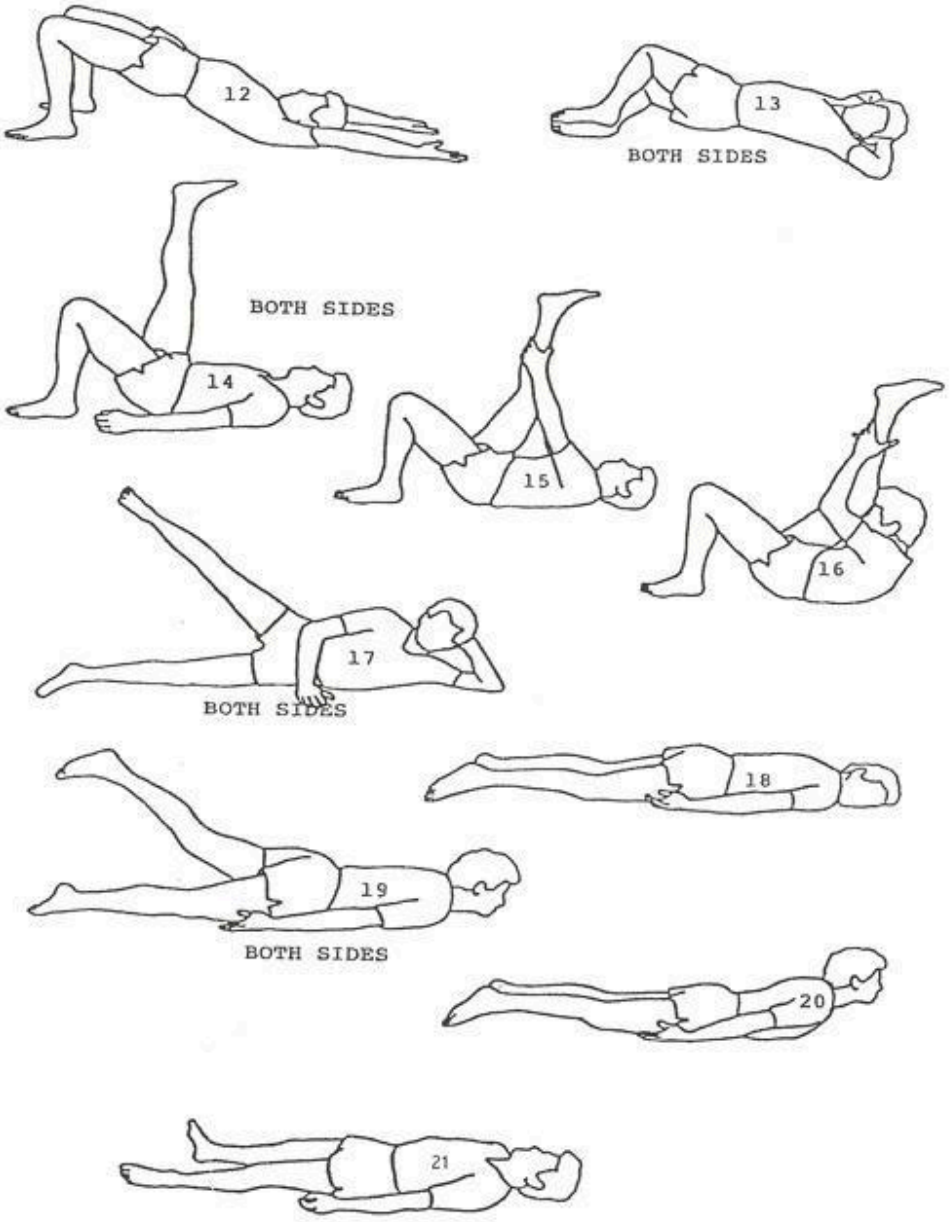
2. There are also plenty of options on Youtube to explore including the esteemed teacher and founder of MBSR:
Eg: Calming morning yoga with Jon Kabat-Zinn || MasterClass
https://www.youtube.com/watch?v=TAPiTU4yQJM

Eg: Mindful Standing Yoga: Guided Meditation Practices (MBSR) Jon Kabat Zinn (just audio)
https://www.youtube.com/watch?v=M3MjEOvRu-o&t=28sor

Yoga Postures



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