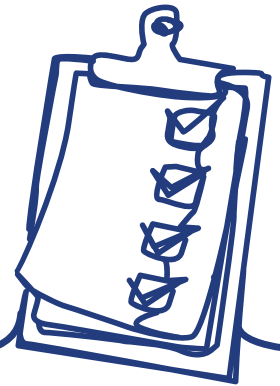


Mindfulness and yoga

Sometimes it's good to stop and take notice of what is going on around you. Doing this can help you become more aware of how you are thinking and feeling.



What equipment do I need?



- A yoga mat, a towel or a clear space on the floor
- Comfortable clothing that you can move easily in
- A plan of what you are going to do (e.g. follow a DVD, online tutorial or pre-plan your own practice)



Optional

- A band or ball
- Calming music

Mindful mantra

Develop a mindful mantra. A mantra is something you can repeat to yourself, for example 'I am well and happy'. You may find it helpful to combine it with a breathing exercise – take a deep breath in, then say your mantra as you exhale.



Breathe and relax

At the start and end of your practice, take a few moments to relax by focussing on your breathing. Lay flat on your back or sit in a comfortable position with your eyes closed. Try breathing in through the nose to the count of 3, and out through the nose to the count of 4, and then repeat. How did this make you feel?

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Observe and reflect

During your practice, try to observe any physical sensations in the body. Try releasing your fingers, toes and jaw at the start and end of your practice. We often hold a lot of tension in these areas. Were there any particular feelings or sensations that captured your attention?

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