

Mindful Movement – Balance

A chair, wall or block for support is recommended for the movements, modify or avoid any postures that cause discomfort or pain, could visualize and still have benefit. . .



Mountain Pose

Start with intention and focus. Weight even on both feet; shoulders, hips, & ankles all in one line. Lengthen spine, the crown of head towards ceiling. Could practice with eyes closed.



Forward Fold

Bend knees slightly & fold torso over legs, moving from the hips, not the lower back. & then if possible shift weight to one side—use core to raise one leg at a time.



Tree Pose

Weight onto one foot, keep hips square, bend opposite leg,~ may keep toes on floor, raise leg & arms as able. Both sides.



Warrior One

Hips facing forward leg, back foot at 45degree angle. Stretch arms only as far as able to keep breathing smooth & even, feel your spine lengthening. Both sides.



Side Bend

Mountain to One arm over, opening the side & expanding the ribs.



Other Side then Both

Rib opening makes breathing easier ~ after one arm each side – Do both arms up to side bend.



Warrior Two

Hips open to side, back foot at 45degree angle. Arms up as able to breathe smoothly ~ both sides.



Warrior Three

From mountain, Stretch arms up – or hold support & expand the ribs, gently balance with leg out to back and forward fold as far as safely able. Both sides.



Standing Side lunge

Hips facing forward leg, back foot facing forward on toes ~ relaxed movement-. Breathe; hold as safely able, up to 3-5 breaths. Both sides.



Chair to Eagle

Raise the arms up to shoulder level with palms facing up. Cross left arm over the right Bend your elbows, wrapping forearms around each other palms facing each other. Slightly bend the knees and shift body weight to the left leg. Cross right leg over the left just above the knee, right foot behind your left lower leg and hook the foot, Crown of your head should be pointed toward the ceiling. Repeat above steps other side.



Figure 8's front/side/back

Mountain to shift body weight to one side – lift opposite leg as able, make figure 8's front, side, back as able-both directions. If possible, hand to toe front/side.



Standing Backbend

Avoid if neck or vertigo issues. Weight even on both feet, keep hips square, use hands to support on hips, gently open chest by bringing shoulder blades together, gently lean back as able.



Savasana

Floor, bed or on a bench. Awake, yet completely relaxed ~ just notice any tension in your mind and body and release it with the breath, let go of everything, breathe...

Mindful Movement – Balance

The word yoga means to yoke or bind. Postures/movements in a mindful yoga practice are used to connect the mind to the body's experience. This movement and mind connection reminds us of the parts of the body that overlooked during our day-to-day hustle and bustle.

Be Aware

It takes practice to keep your mind following body movement and to develop the focus needed. When practicing meditative yoga, one allows the mind to experience what the body is feeling at each given moment, like the meditation practice.

Take Care Not to Push

Yoga movement is gentle on the body when done mindfully. In your mindful yoga practice there is no need to strive for the outward appearance of a pose. Plan to use this time to be kind to your body. Careful, slow and small moves can be most effective in finding safe positions that help create the mind-body connection.

Accept What Is - Not Aiming for Perfection

You may not be able to get into each posture. That is okay. **Mindful yoga is about maintaining a safe practice, never moving your body beyond what it is capable of – or ignoring your doctor's orders.** Allow yourself to explore the mind-body connections that already exist.

Listen to Your Body

During yoga, it is important to focus on sensing your body. Be in the moment by listening to how your body feels during the balance practice. One effective way to accomplish this is to pay attention to your breathing and sensations in your body. The emphasis is not on progress but on building the connection between mind and body. Thus, one should err on the side of being conservative rather than attaining the perfect pose.

