

Practice mindfulness from Go Zen

Mindful Movement is about paying attention to your body and how it feels. A lot of times, we have so many thoughts in our heads that we forget to notice what our body is doing or how it's feeling.

Try Mindful Movement when you wake up in the morning to start your day on a Mindful path!

Reach for the stars

- Spread your legs shoulder-width apart with your arms by your side.
- Your spine should be straight, and your head balanced.
- Take a deep breath and slowly raise your arms over your head.
- Now with your feet firmly planted on the ground, stretch, stretch, stretch up to the sky.
- Do not forget to breathe!
- Pretend like you are trying to reach the Andromeda galaxy.
- Pay attention to how your shoulders feel right now, your arms, your hands, your fingers.
- Breathe in... now exhale and bring your arms back down to your side.
- Repeat two more times.

Jack-in-the-box

- First, bring your feet close together.
- Then take a deep breath, keep your back straight and crouch down on your toes.
- Keep your arms tucked into your chest.
- Pay attention to how your legs feel, your feet, your toes. Try not to fall over!
- Now breathe out, keep your feet on the ground and pop up like a Jack-in-the-box.
- Push your arms to the sky. Really reach for the stars again.
- Repeat two more times.

(turn over for another exercise!)

Tornado

- Your feet should be shoulder-width apart
- Put your hands on your hips.
- First bend your upper body to the left side. Really feel the stretch.
- Now bend your upper body forward.
- Now bend your body to the right side.
- And now lean your upper body backwards a little.
- Now put it all together and do it five times. Not too fast!

Rest

- Now stand firmly on your feet with your arms by your side.
- Breathe in... and out. In... and out. In... and out.
- Become aware of how the stretches made your body feel.
- Notice your legs, your waist, your shoulders, your arms.
- Do your muscles feel tingly? Warm?

Questions to think about...

1. How did your body feel after these exercises?
2. Did you notice anything you never noticed before?