Mindfulness Session II

3 Breaths

Breath to arrive
Breath to let go of what is not needed
Breath to be open to whatever experience is unfolding

Easy Body Scan

S  Stop: Soften the muscles of your face
L  Lower: your shoulders and your gaze
O  Open your chest and belly with your breath
W  Wilt: allow your whole body to wilt and relax

Mindful Movements (Thich Nhat Han video under Yoga 2)

Arms straight in front of you to shoulder height as breathe IN
Arms down by side as breathe OUT

Arms above shoulders, palms facing, breathe in,
Arms back down, breathe OUT

Fingertips to shoulders, breathe IN
Extend arms out and down (flower opening) breathe OUT