

## 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