

MindfulLiving™ Module 3

Mastering Mindful Thinking

Chapter 9 - Reading

Mindful Yoga

Adapted by Shery Clein MindfulLiving™ Coach

As you've likely noticed, bringing mindfulness to any activity transforms it into a form of meditation. Mindfulness increases the chances that any activity you engage in will lead to a deeper understanding of yourself and an expanded perspective. A vital part of the practice is simply remembering to be fully present, not lost in thought or the automatic patterns of the mind.

Mindful yoga, or mindful hatha yoga, is a core formal meditation technique we practice in the stress clinic, alongside the body scan and sitting meditation. The word "yoga" comes from Sanskrit and means "yoke." Practising yoga is about uniting the body and mind, realising they are not separate. It's also about experiencing the connection between the individual and the universe.



We've already discussed the importance of posture in sitting meditation and how positioning your body can immediately affect your mental and emotional state. Being aware of your body language and what it reveals about your attitudes and feelings can help you adjust these inner states simply by changing your physical posture.

When practising yoga mindfully, please pay attention to how your perspective on your body, thoughts, and sense of self can shift as you adopt different postures and remain in them, fully attentive from moment to moment. Practising this way greatly enriches the inner work, extending its benefits beyond the physical gains from stretching and strengthening.

This approach is very different from most exercise and aerobic classes and even many yoga classes, which often focus only on the body's activity. These other methods tend to emphasise progress and encourage constant pushing. In contrast, little attention is typically paid to the art of non-doing, non-striving, and being present at the moment.



In MindfulLiving™, working within your body's limits is essential. You observe and explore the boundary between what your body can do and where it tells you to stop for now. Never stretch beyond this limit to the point of pain. Some discomfort is expected when working at your limits. Still, it would be best to learn to enter this healthy “stretching zone” slowly and mindfully, nourishing rather than harming your body as you explore its capabilities.

A crucial ground rule in the stress clinic is that people must consciously take responsibility for reading their bodies' signals during yoga practice. This means listening carefully to and respecting their messages, always erring on the side of caution. No one else can listen to your body for you.

Note: If physical limitations make it difficult or unsafe to begin one or more practices, it is enough to vividly imagine doing the movements or postures. Neurologists tell us that vividly imagining physical movement engages the same motor neurons activated when we move.

Shery Clein, Personal Coach, would like to take this opportunity to thank you for your valuable participation. We appreciate your dedication and commitment. We aim to help you navigate challenges or obstacles while ensuring you enjoy the process. Remember, it's essential to relax and have fun! Please feel free to contact us with any questions or assistance.

Blessings. Stay Healthy & Safe ❤️ Love, Shery



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