

MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 14 Resources: Yoga Practice

Mindful Yoga: An Explanation

Excerpted from Full Catastrophe Living by Jon Kabat-Zinn

As you've likely gathered, bringing mindfulness to any activity transforms it into a form of meditation. Mindfulness dramatically increases the potential for any activity to expand your perspective and deepen your understanding of yourself. It serves as a reminder to stay fully awake rather than becoming lost in the fog of your thoughts or waking from sleep.

❖ **Mindful hatha yoga**

It is a crucial formal meditation technique practised in the MindfulLiving™ Self-Compassion Mastery module, along with the body scan and sitting meditation. The word "yoga" is derived from the Sanskrit word meaning "yoke" or "union." Through yoga, we unite body and mind, reminding ourselves they were never truly separate. Yoga allows us to experience the deep interconnectedness between ourselves and the universe.

MODULE 7: MINDFULNESS & COMPASSION

MINDFUL YOGA

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❖ Posture

Posture is an essential aspect of meditation and mindful yoga. How you position your body can immediately impact your emotional and mental state. By becoming aware of your body language and its connection to your feelings and attitudes, you can shift your mindset by changing your posture.

❖ When practising mindful yoga,

Notice the subtle shifts in your perception of your body, thoughts, and sense of self as you hold postures and remain fully present. This practice goes far beyond the physical benefits of stretching and strengthening, enriching your inner work.

❖ This approach differs

From typical exercise or yoga classes, focusing only on physical movement and progress. Mindful yoga, as taught in the Self-Compassion Mastery module, emphasises non-striving, non-doing, and cultivating an awareness of the present moment.

❖ Always work within

Explore your body's limits mindfully, mindfully exploring the boundary between what your body can do and when it signals, "Stop for now." Never push beyond this boundary into pain. While some discomfort may arise when exploring your limits, mindful awareness teaches you to stretch in a way that nourishes, rather than harms, your body.

❖ In the MindfulLiving™ Self-Compassion Mastery program,

Each individual listens to their body and honours its signals. No one else can do this for you, so it's essential to listen carefully to your body and err on the side of caution.

NOTE:

If you have significant physical limitations that make it challenging to engage in these practices, it's perfectly fine to imagine the movements and postures vividly. Neurologists tell us that imagining physical movement engages the same motor neurons as when we physically move.

MINDFUL YOGA QUOTE OF THE DAY

“ In mindful yoga, we unite body, breath, and awareness, discovering the gentle power of stillness. Through each posture, we awaken the wisdom within, reminding ourselves that peace is found in presence, not perfection. ”

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**Thank you from Shery Clein, MindfulLiving™ Coach
Nurturing Awareness Intelligence**

We sincerely appreciate your valuable participation in the Self-Compassion Mastery module. Your dedication to this practice is inspiring, and our goal is to support you in overcoming obstacles and nurturing self-compassion. Above all, we encourage you to enjoy, relax, and have fun! For any questions or assistance, please don't hesitate to reach out.

Blessings, stay healthy, and with love, Shery Clein ❤️



MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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