

MindfulLiving™ Module 8

Personalised Routine Builder

Chapter 12 - Yoga

A Mindful Approach to Yoga

Introduction

Welcome to this essential module in your MindfulLiving™ journey. As your personal coach, Shery Clein, I'm excited to guide you through mindful yoga. This practice combines physical movement with mindfulness, helping you connect with your body and mind.

Module 8: Your own Practice

DEEPENING A PERSONAL MEDITATION PRACTICE

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The Power of Mindful Yoga

Mindful yoga is a practice that involves moving your body with intention and awareness. By practising mindful yoga, you can:

- **Increase flexibility and strength**
- **Reduce stress and anxiety**
- **Improve focus and concentration**
- **Cultivate a deeper connection with your body and mind**

Getting Started

1. **Find a Quiet Space:** Choose a peaceful place where you won't be disturbed.
2. **Wear Comfortable Clothing:** Choose clothing that allows you to move freely.
3. **Warm-Up:** Begin with gentle movements, such as sun salutations, to warm up your body.

Moving Mindfully

Pay attention to your breath and body sensations as you move through each yoga pose. Focus on the present moment rather than worrying about perfection or comparing yourself to others.

- **Be Patient with Yourself:** Everyone's yoga journey is unique. Don't push yourself too hard.
- **Listen to Your Body:** If you feel pain, stop and rest.
- **Embrace Imperfection:** Yoga is a practice, not a performance.

Cultivating a Mindful Attitude

As you practice yoga, cultivate a friendly and non-judgmental attitude towards your thoughts, feelings, and bodily sensations. Remember, yoga isn't just about physical fitness. It's also about cultivating a deeper connection with yourself and the world.

Reflecting on Your Practice

To deepen your understanding of your practice, consider the following questions:

- How did your body feel during the practice?
- What thoughts or emotions arose?
- How did you feel after the practice?

Creating a Personalised Yoga Routine

The key to a successful yoga practice is consistency. Here are some tips for building a personalised routine:

- **Choose a Time:**
Find a time that works best for you, whether it's early morning, midday, or evening.
- **Set a Duration:**
Start with a short practice, such as 10-15 minutes, and gradually increase the time as you become more comfortable.
- **Find a Qualified Teacher:**
Consider taking classes with a qualified yoga instructor to learn proper alignment and technique.
- **Adapt Your Practice:**
Adjust your practice to fit your needs and abilities.

Conclusion

Remember, consistency is key. Even a short daily yoga practice can significantly impact your well-being. Be patient with yourself, and enjoy the process of self-discovery.



A Final Note from Shery Klein

Thank you for your dedication to your mindfulness practice. Remember, your journey is unique, and there's no right or wrong way to practice yoga. The most important thing is to be kind to yourself and to continue exploring the depths of your own mind and body.

Disclaimer: This practice is intended for personal growth and mindfulness training. It is not a substitute for professional medical advice. If you have health conditions or injuries, please consult a healthcare professional before starting a new exercise program.