

MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 14 Resources: Yoga Practice

This session focuses on the power of mindful movement and breath to cultivate self-compassion and awareness. Below is the guided transcript with mindful adjustments to help deepen your practice.

❖ Introduction

Hello, everyone! Welcome to today's session on Self-Compassion Mastery. Doing Mindful Movement is a space to connect with your body, breathe deeply, and allow yourself to experience self-compassion. Remember, this is about doing your best, showing up as you are, and finding what feels good for you.

MINDFUL YOGA QUOTE OF THE DAY

“Chair yoga offers a gentle yet powerful way to connect with your body. It's a reminder that no matter our physical limitations, we can all find strength, peace, and healing within.”

www.sheryclein.com

❖ **Setting the Tone**

Take a moment to settle into your chair, allowing your heart to lift gently. One of the pillars of the MindfulLiving™ practice is authenticity—simply showing up as your true self. Embrace this time for self-compassion and nurturing, knowing that even small actions can create a meaningful shift.

❖ **Centering with Breath**

Take a deep breath through your nose and exhale through your mouth, relaxing your shoulders. Repeat this for a few more breaths, noticing how your body feels. As you breathe in, fill up with air, and as you exhale, soften your body, letting go of any tension.

❖ **Moving with Awareness**

With your hands resting on your legs or gripping the sides of your chair, inhale and lift through the chest, slightly raising your chin. As you exhale, gently round the spine and bring your chin to your chest. This mindful movement, Cat-Cow, helps release tension and brings awareness to the breath and spine.

Continue this flow, inhaling to open the chest and exhaling to round the back. As you move, embrace any sensations that arise with self-compassion. If you feel tension or resistance, acknowledge it without judgment.

❖ **Connecting to Self-Compassion**

We must compassionately focus on ourselves as we engage in these simple movements. Breathe deeply, allowing each inhale to expand your capacity for kindness and exhale to release self-criticism. This is your moment to nurture your inner self.

❖ **Eagle Arms Stretch for Self-Compassion Mastery**

We'll now explore the Eagle Arms stretch to deepen the connection with your breath and body. Extend your arms forward and cross your right arm under the left. Option one is to press the backs of your hands together, or if available, wrap your arms until your palms touch. Inhale as you lift your elbows, creating space in the side body. Exhale as you round your spine and drop your chin to your chest.

Repeat on the opposite side, visualising this movement as a physical expression of embracing yourself with compassion.

❖ **Side Body Stretch**

Let's move into a gentle side-body stretch. As you inhale, hook your thumbs together and reach your arms towards the sky. Exhale as you tilt to the right, feeling the stretch along the left side of your body. Inhale back to the centre and exhale to the left. Focus on the shape and the sensations arising, offering yourself kindness in each movement.

❖ Reflection & Application

Take a moment to reflect:

- How does your body feel after these mindful movements?
- Can you extend the same compassion you feel towards others back to yourself?
- What is one way you can practice self-compassion outside of this session?

❖ Closing & Encouragement

Wonderful work today! Remember, self-compassion is a practice that extends beyond this session. You can cultivate compassion for yourself daily through movement, breath, or simply pausing to acknowledge your feelings.

Thank you for practising with me.

Continue nurturing your awareness with kindness and compassion. I look forward to seeing you in the next MindfulLiving™ session.

Disclaimer:

The Self-Compassion Mastery module is designed for educational and personal growth purposes. It is not a substitute for professional therapy or medical advice. If you are experiencing significant emotional or physical challenges, please seek guidance from a licensed professional.

**With gratitude, Shery Clein, MindfulLiving™ Coach
Nurturing Awareness Intelligence**

