



MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 14 Resources: Yoga Practice

Dr Lynn Rossy 20minute Mindful Yoga Transcript

Hi, I am Dr Lynn Rossy, Health Psychologist for Healthy for Life. Welcome to this practice of **Self-Compassion Mastery Yoga**. This mindful yoga session focuses on learning to be present with the sensations of your body and breath as we move through a series of standing postures designed to nurture self-compassion and kindness.

❖ **Everyone will have their version of each posture.**

My version may not look exactly like yours or anyone else's, but honouring your version with acceptance and compassion is essential. As you move through each posture, **listen to your body's wisdom** and adjust as needed. If you need to exit a posture before I suggest it, please do so with kindness toward yourself.

❖ **Staying present is critical to avoiding injury and deepening self-awareness.**

Never push your body into pain; instead, stretch and strengthen to create a mild to moderate sensation. **This practice is about self-kindness**—not perfection.

Let's begin by standing with your feet parallel, hip-width apart. Keep your knees soft and your tailbone slightly tucked. Lift your chest and allow your arms to relax alongside your body. Bring your shoulders to your ears, then let them down your back. **Stand tall, but ease into the posture with self-compassion.** This is the Mountain posture, the foundation of our practice.

❖ **Focus on your breath at your belly.**

As you inhale, feel your belly expand; as you exhale, feel it contract. **Stay present** for both your body's breath and sensations, feeling rooted like a mountain, strong yet calm.

Movement Sequence:

❖ Arm Raises

Take a deep breath in as you raise your arms overhead, and as you breathe out, gently bring your arms down by your sides. Repeat a few times, focusing on the gentle stretch in your arms, armpits, and rib cage.

Breathe in self-compassion and release tension on the out-breath.

❖ Half Moon Posture

Raise your arms overhead, either locking your thumbs or leaving your arms parallel. Bend to the right, feeling the stretch along the left side of your body. Return to the centre, then bend to the left. **Stretch and breathe deeply**, noticing any thoughts or sensations, and practice accepting them with kindness.

❖ Neck Rolls

Lower your chin to your chest, stretching the back of your neck. Roll your right ear over your right shoulder, then bring your chin back to your chest and roll your left ear over your left shoulder. **Move slowly and with compassion for your body's limits.**

❖ Shoulder Shrugs and Circles

Shrug your shoulders up to your ears, then let them drop. Circle your shoulders forward and then backwards, releasing any tension. **Allow yourself to release stress and practice non-judgment** as you move.

❖ Standing Swinging Twist

Stand with feet wider than hip-width apart. Gently swing your body from side to side, allowing your arms to move freely. **Twist with ease and self-compassion**, shifting your weight from foot to foot.

❖ Goddess Warrior

Stand with feet about three feet apart, turning them out at a 45-degree angle. Bend your knees and let your pelvis descend. Raise your arms to shoulder height, palms up, bending your elbows at 90 degrees. **Breathe deeply** and embrace the strength in this posture, but also **honour your body's need for rest** when necessary.

❖ Side Angle Posture

Step your feet about three to four feet apart. Turn your right foot out and your left foot in slightly. Bend your right knee and rest your right forearm on your thigh. Extend your left arm overhead, feeling the stretch through your side. **Feel the strength and openness in this posture**, staying aware of your body's needs.

❖ Throughout this practice, focus on self-compassion,

Using your breath as an anchor. If the mind wanders, gently bring it back to the present moment with kindness. **Embrace the practice of self-compassion in each movement** and in how you respond to yourself.

Reflection & Application:

- ❖ How did practising mindful yoga focusing on self-compassion make you feel?
- ❖ Were there moments when you were critical of your body or your ability to hold a posture?
- ❖ How can you apply self-compassion from this practice into your daily life, especially during challenging moments?

Closing & Encouragement

Thank you for taking this time to honour your body and practice **Self-Compassion Mastery** with me today. **Remember, self-compassion is not a one-time practice; you can bring it into every part of your life.** May you carry this sense of kindness and calm throughout your day.

Disclaimer:

This practice is not intended to replace medical advice or treatment. Always consult with your healthcare provider before starting any new physical activity. If you experience pain or discomfort during any exercise, please stop and consult a professional.

With Gratitude, Shery Clein,
MindfulLiving™ Coach – **Nurturing Awareness Intelligence**

