

MindfulLiving™ Module 4

Respond, Don't React Formula

Mindful Yoga Practice 2

MindfulLiving™ Yoga: Cultivating Emotional Intelligence

Curated by Shery Clein, MindfulLiving™ Coach



MindfulYoga™ (2)

"It's important to be aware of physical limits and dwell at their boundaries long enough to experience them, but it's just as important not to push beyond them. Instead, we will look deeply into each moment with complete acceptance, without forcing ourselves to be different from how we are right now."

— Jon Kabat-Zinn

Introduction to MindfulYoga™

Incorporating MindfulYoga™ into your MindfulLiving™ journey is more than just physical movement; it's a holistic practice that connects your body, mind, and breath in complete awareness. Unlike traditional yoga, which may focus heavily on achieving specific postures, MindfulYoga™ encourages curiosity and presence with each movement.

By practicing MindfulYoga™, you will:

- Honour your physical limits: Stay within the boundaries of what feels right without pushing beyond them.
- Cultivate acceptance: Embrace the present moment without trying to change who you are.
- Explore sensations: Observe emotions, thoughts, and bodily sensations in each pose without judgment.

Whether you're a beginner or a seasoned yogi, MindfulYoga™ offers an opportunity to deepen your connection to yourself and enhance your well-being, aligning seamlessly with the MindfulLiving™ principles.



Special Note:

If you find the movements in MindfulYoga™ challenging or painful, even with modifications, consider these alternatives:

Special Notes & Modifications

If the movements in MindfulYoga™ are challenging or painful, even with modifications, consider these alternatives:

1. **Dr. Lynn Rossy's 20-Minute Yoga Sequence:** A gentler, less demanding, yet effective practice.
2. **Ten Mindful Movements:** Led by Thich Nhat Hanh, offering a more straightforward, mindful approach.
3. **Chair Yoga Sequence with Adriene:** A gentle practice suitable for those with physical limitations or those who prefer a seated practice.

Mindfulness in yoga involves recognising what feels appropriate for you and adjusting accordingly. Even experienced practitioners should review the MindfulYoga™ approach, emphasising body/mind awareness over specific postures.



About Dr. Lynn Rossy

Dr. Lynn Rossy is a health psychologist and advocate for mindful living. Her mindful eating and yoga work has inspired many to adopt a more balanced, compassionate approach to wellness. Her 20-minute MindfulYoga™ sequence is a gentle yet powerful way to connect with your body and mind. This sequence aligns beautifully with the MindfulLiving™ philosophy, emphasising self-compassion, awareness, and listening to your body's signals.

Common Questions

- Can my current yoga practice substitute for MindfulYoga™?
MindfulYoga™ focuses on a specific approach, so integrating its principles may complement your existing practice.
- Can I split the yoga sessions into shorter intervals?
Yes, you can adapt the practice to suit your schedule, though it is recommended that you experience it as an entire session.

Resources

- **Audio Alternative:** For those who prefer, an audio version of MindfulYoga™ 2 is available. You should watch the video a few times initially to familiarise yourself with the poses.
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CLICK HERE TO LISTEN TO AUDIO
Mindful Yoga Practice (2)

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Shery Clein, MindfulLiving™ Coach, guiding you toward a healthier well-being. We are grateful for your precious participation, dedication, and commitment. Our goal is to assist you in addressing uncomfortable issues and obstacles. The most important thing is to enjoy, relax, and have fun! Remember to contact us with any questions or for assistance. Blessings. Stay Healthy & Safe 💙 Love, Shery

