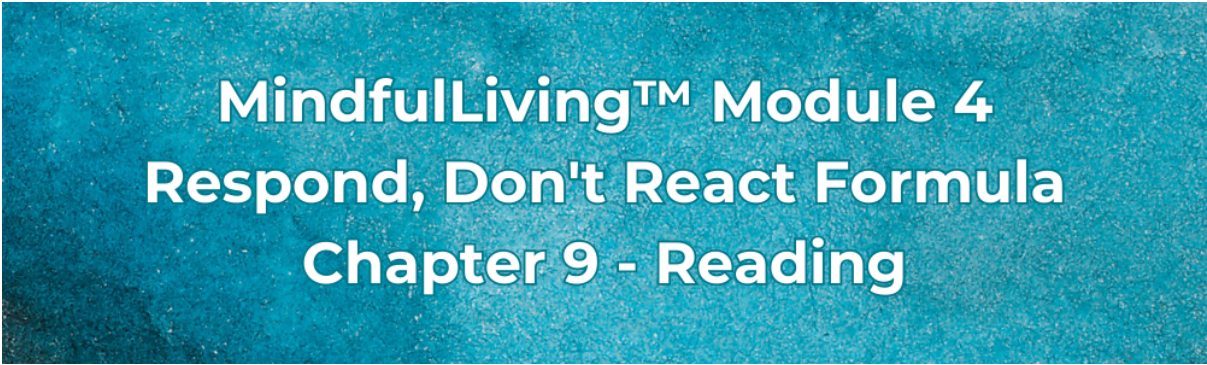




MindfulLiving™ Module 4

Respond, Don't React Formula

Chapter 9 - Reading

MindfulYoga™:

Strengthening the Body, Balancing the Mind

Welcome to MindfulYoga™. "I have carefully curated and adapted this article to bring you the most essential insights from MindfulYoga™. I aim to ensure you receive the most relevant and impactful teachings without sifting through endless material, allowing you to focus on your practice confidently."



**WHATEVER
YOU ARE
BE A
GOOD
ONE!**

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As you may have gathered by now, mindfulness transforms any activity into a form of meditation. Mindfulness increases the likelihood that any activity you engage in expands your perspective and deepens your understanding of yourself.

Much of the practice is simply about remembering—reminding yourself to be fully awake, not lost in a waking sleep or caught up in the veils of your thinking mind.

MindfulYoga™ is a critical formal meditation technique within the MindfulLiving™ framework, along with the body scan and sitting meditation. The word "yoga" comes from Sanskrit and literally means "yoke." The practice of yoga is about yoking together or unifying the body and mind, revealing that they are not separate. You can also think of it as experiencing the unity or connectedness between the individual and the universe as a whole.

One of the most valuable aspects of MindfulYoga™, especially as we grow older, is cultivating balance. MindfulYoga™ is about physical strength, flexibility, and balance but also about cultivating these qualities in the mind. The effect on the mind emerges from mindfully training the body.

Jon Kabat-Zinn, a pioneer of the mindfulness movement, emphasises the importance of starting your day with a routine that tunes both your body and mind for whatever lies ahead. For example, he often begins his day with gentle movements, such as pelvic tilts, which engage the body and bring mindfulness into every breath and motion. These simple exercises, performed with awareness, create a deep connection between the breath, body, and mind, setting a mindful tone for the rest of the day.

In his practice, Jon combines movements with breathwork. One exercise involves curling the back and bringing the head down on an out-breath, followed by raising the head and tilting the pelvis forward on an in-breath. This mindful movement sequence allows you to flow with your breath while feeling the entire sensory field of your body.

After this standing sequence, Jon transitions to the mat, lying in Corpse Pose for a moment to feel the breath moving in and out of the body. He continues with pelvic tilts in a lying position, pressing the lower back against the floor on the exhale and arching the lower back on the inhale. Simple yet profound movements embody the essence of MindfulYoga™—uniting body, breath, and awareness.

MindfulYoga™ for Inner and Outer Awareness

When you practice MindfulYoga™, be on the lookout for the many ways—some quite subtle—that your perspective on your body, your thoughts, and your whole sense of self can change as you adopt different postures and stay in them for a while, paying full attention from moment to moment. Practising this way dramatically enriches your inner work, taking it far beyond the physical benefits of stretching and strengthening.

This approach is far from most exercise or aerobic classes and even many yoga classes, which primarily focus on what the body is doing. These approaches often emphasise progress, pushing you to go further and harder. However, more attention should be given to the art of non-doing and non-striving in exercise classes, to the present moment, and to the mind.



DO THE THING YOU THINK YOU CANNOT DO!

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Work within your body's limits to observe and explore the boundary between what your body can do and where it says, "Stop for now." Never stretch beyond this limit to the point of pain. Some discomfort is inevitable when working at your limits. Still, you must learn to enter this healthy "stretching zone" slowly and mindfully, nourishing your body rather than damaging it as you explore your limits. Within the MindfulLiving™ program, the ground rule is that every individual must consciously take responsibility for reading their own body's signals while doing the MindfulYoga™. This means listening carefully to what your body is telling you and honouring its messages, erring on the side of being conservative. No one can listen to your body for you.

NOTE: If physical limitations make it difficult or damaging to perform certain practices, it is sufficient to imagine doing the movements and postures vividly. Neurologists tell us that vividly imagining physical movement activates the same motor neurons as when you physically move.

A Note from Shery Clein

As your MindfulLiving™ Coach, I am genuinely grateful for your valuable participation. Your dedication and commitment to this journey mean the world to me. My goal is to help you navigate any challenges while ensuring you enjoy the process, relax, and have fun.

If you have questions, need assistance, or want to share your experiences, please don't hesitate to reach out. I'm here to support you every step of the way, and I'm just a message away.

Blessings. Stay Healthy & Safe 💙 With Love, Shery

