



MindfulLiving™ Module 7

Self-Compassion Mastery

Chapter 14 Resources: Yoga Practice

Introduction

Welcome to the Ten Mindfulness Movements, a daily practice in Plum Village designed to help us connect with our breath and body. This practice emphasises conscious breathing, which means being aware of each breath we take. When we breathe consciously, we bring our body and mind together, allowing us to live more fully in each moment.

Mindful Breathing

Before we begin the movements, let's take a moment to settle into our breath:

1. **Position:** Stand with your feet firmly planted on the ground, your back straight, and your shoulders relaxed.
2. **Breath Awareness:** Allow your breathing to flow naturally, feeling it descend into your belly.

Optional: You may like to smile and enjoy the stillness momentarily.

Ten Mindfulness Movements

❖ Movement 1: Arm Raises

1. **Inhale:** Raise your arms to shoulder level.
2. **Exhale:** Bring your arms back down to your sides.
3. **Repeat** four times, focusing on the gentle stretch and enjoying each movement.

❖ Movement 2: Reaching Upwards

1. **Inhale:** Raise your arms to the sky.
2. **Exhale:** Lower your arms back down.
3. **Repeat** four times, stretching upward and feeling the openness.

❖ Movement 3: Flower Blooming

1. **Position:** Place your fingertips on your shoulders with elbows to the sides.
2. **Inhale:** Bloom like a flower by spreading your arms wide.
3. **Exhale:** Return to the shoulder position.
4. **Repeat:** 4 times, feeling the expansion and contraction.

❖ Movement 4: Circle Drawing

1. **Position:** Stand with feet shoulder-width apart and hands in front.
2. **Inhale:** Draw a circle with your arms, completing the first half of the circle.
3. **Exhale:** Complete the circle.
4. **Reverse Direction:** Repeat the movement in the opposite direction.
5. **Repeat** four times in each direction.

❖ Movement 5: Head Circles

1. **Position:** Hands on your waist, legs straight.
2. **Inhale:** Draw a circle with your head to the left.
3. **Exhale:** Complete the half circle.
4. **Reverse Direction:** Repeat to the right.
5. **Repeat** four times in each direction.

❖ Movement 6: Sky Reaching and Earth Touching

1. **Inhale:** Reach up towards the sky.
2. **Exhale:** Bend down and touch the earth.
3. **Repeat** four times, feeling the connection between the sky and the ground.

❖ Movement 7: Toe Raises and Squats

1. **Position:** Heels together, feet in a V shape.
2. **Inhale:** Raise yourself onto your toes.
3. **Exhale:** Squat down as low as possible while keeping your back straight.
4. **Repeat** four times, balancing and engaging your body.

❖ Movement 8: Knee Raises

1. **Inhale:** Raise your right knee to your chest.
2. **Exhale:** Extend your right leg out.
3. **Switch:** Repeat with the left leg.
4. **Repeat** four times for each leg, focusing on balance.

❖ Movement 9: Toe Circles

1. **Position:** Stand on one leg and draw a circle with your toes on the ground.
2. **Inhale:** Complete the first half of the circle.
3. **Exhale:** Complete the second half.
4. **Switch Legs:** Repeat with the other leg.
5. **Repeat** four times for each leg.

❖ Movement 10: Twisting

1. **Position:** Step to the right with your right foot at a 90-degree angle.
2. **Inhale:** Twist your body to the right, bending your right knee.
3. **Exhale:** Return to the centre.
4. **Switch Sides:** Repeat to the left.
5. **Repeat** four times for each side.

Reflection and Application

After completing the movements, take a moment to enjoy your breath and reflect on the practice. Consider how you felt during the movements and how you can incorporate self-compassion into your daily life.

Reflection Prompts:

- How did your body feel during each movement?
- What thoughts or feelings arose as you practised?

Thank you for joining this practice of the Ten Mindfulness Movements. Remember that self-compassion is a journey; you can return to these movements whenever you need to reconnect with your body and breathe.

MINDFUL YOGA QUOTE OF THE DAY

Through the grace of mindful movements, we unite breath and body, awakening to the beauty of each moment and embracing the profound journey of self-discovery and inner peace.

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Disclaimer

Please note that the **MindfulLiving™** program is not a substitute for professional mental health care. If you are experiencing distress or need professional guidance, please consult a qualified professional.

Thank you from Shery Clein, MindfulLiving™ Coach,
Nurturing Awareness Intelligence.



MindfulLiving™

Self-compassion allows us to grow, heal, and thrive from within.

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