



### **Benefits of Mindful Movements**

- An important part of mindfulness practice involves getting in touch with the body. Mindful Movements give one 'louder' sensations to tune in to, making it easier to connect with the body.
- Mindful Movements helps one to accept the body just as it is in the moment, and one's own limitations in the moment. This, in turn, helps one develop increased patience and overall self acceptance.
- Getting reacquainted with your body is one of the most effective ways to begin to understand the concept of being in the moment. Many of us take our body and its functioning for granted in spite of the fact that it is miraculous in the way it operates, regulates and heals itself.
- Try to see this exercise as a continuous process moving mindfully and gracefully from one posture to another, the breath establishing the tempo as if it were a dance, not a series of unconnected events.
- We almost invariably encounter at least some degree of bodily discomfort while practicing stretching through mindful movements. This makes this practice such an effective way for learning how to approach difficult and unwanted moments and experiences with greater acceptance, curiosity, gentleness, and kindness. As well, the skills developed in working with even a mild degree of physical discomfort can be directly applied to situations of more intense emotional discomfort.

With *Love*,

*Vickey*