

Signature Daily Mindful Practice Instructions

General Recommendations:

- Perform your practice at the same time each day
- Practice alone in a quiet spot without distractions
- Smile, this is your time, just experience your experience

Yoga Sequence (15 minutes)

The following yoga poses are help to awaken the body and prepare the mind for meditation. Hold each pose for the time shown in parentheses.

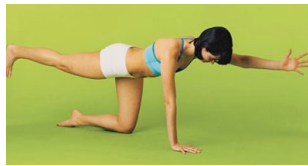
1. Child's Pose (8 breaths)



2. Cat-Cow Stretch (8 breaths)



3. Arm/Leg Extend
(8 breaths)



4. Downward Facing Dog
(4 breaths)



5. Lunge
(4 breaths per side)



6. Forward Bend
(4 breaths)



7. Raised Hands
(4 breaths)



8. Mountain Pose
(4 breaths)



9. Tree Pose
(8 breaths per side)



10. Head-to-Knee
(4 breaths per side)



11. Bridge Pose (8 breaths)



12. Spinal Twist (4 breaths per side)



13. Corpse Pose (5 min)



Abdominal Breathing (2 Minutes)

Abdominal breathing, also called diaphragmatic or belly breathing is the process of breathing air into the lungs using the diaphragm. Abdominal breathing is the most effective way to breathe because this delivers more oxygen to the body and is an excellent tool to stimulate the relaxation response that results in less tension and an overall sense of well being.

- Lie flat on your back.
- Place your right hand on your abdomen and keep the left hand resting at your side.
- Relax the whole body, face, neck, shoulders, back, arms and legs.
- Inhale deeply through the nose and feel your abdomen rise and expand.
- When you've inhaled fully, pause for a moment and then exhale fully through your nose. As you exhale, just let yourself go and imagine your whole body going limp. It should take you longer to exhale than it did to inhale.
- Pause during inhalation and exhalations keeping the throat soft and relaxing the entire body.
- Take 20 deep breaths. Try to keep your breathing smooth and regular throughout the exercise.
- When you are finished, roll on your right side and rest for a few moments before pushing up to a seated position.

Full Yogic Breath (2 Minutes)

The Full Yogic Breath practice helps focus the attention on the present moment, calms and grounds the mind.

- Sit comfortably in a cross-legged position; align head, neck and spine (pillows can be used for extra comfort; sit on a pillow and use extra pillows under the knees, if needed).
- Place your right hand on your lower rib cage and place your left hand on your abdomen.
- Inhale deeply, feeling the lowest part of your lungs, then the middle and then top.
- Take 20 breaths; feel the expansion of your chest and abdomen. Make sure there are no pauses between breaths. One breath flows to the next.

Bellows Breath (1 minute)

Bellows Breath (or Bhastrika) is adapted from a yogic breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath; you can increase your time by five seconds or so, until you reach a full minute.

Mindful Meditation (5 minutes)

- Set your timer for 5 minutes. Be sure have it on a quiet setting with a peaceful ringtone.
- You may lie down or sit with your back relatively straight. You may also want additional support with pillows and to sit up against a wall for additional support.
- Ask yourself what you want to create for the day. Set an intention for your practice - maybe you want to feel more peaceful or find some relief from a difficult time you're going through.
- Gently close your eyes and take three deep breaths.
- Next inhale through the nose and exhale through mouth making an Ommmmm sound. Repeat two times for a total of three.
- Focus on your breathing. Feel your breath going in and out.
- When thoughts arise, imagine they are clouds in the sky drifting past.
- You may think to yourself, I breathe in (as you inhale), I breathe out (as you exhale).
- When you find that you have drifted off into thoughts, bring your attention back to your breath.
- Continue until your timer has gone off. When you are ready, take your time coming out of meditation.

Journaling (5 minutes)

- Write your thoughts and experiences in your journal.