

Mindful Movement Practice



Anchoring with feet on the floor/ body on chair/ surface for grounded support



Whole breath awareness- movement of the body with the breath- always there to come back to during the practice for stability and centredness. Not manipulating breath, simply notice/ feel it.



Instruct movement with kindness. Start with small movement, tuning in to how the body is right now. Stay in this zone of safety or start to play with the edge, moving into a stretch, finding the space around, hold a posture and see what comes up physically, psychologically and emotionally.



All movements can be done lying on back, side, front, sitting, kneeling, standing or a blend of postures. Be playful and light with instructions, bringing some flow, tuning into what you and their body needs in this moment, safely.



End the practice with some reflective stillness. Is there a difference in sensation in the body heart and mind compared to the start of the practice? How was this different to other practices for you? How could this be incorporated into your day?