

# Mindful Yoga

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. Yoga is a mindful physical practice that brings mindfulness to the body in movement. It also offers other health benefits such as rejuvenating the body by keeping bones, muscles, joints, organs and nerves healthy, flexible and supple.
2. Just as in mindful sitting, mindful yoga brings awareness to your breath, thoughts, and emotions as you practice, but it also adds focus on your movement and posture so you will need to wear comfortable clothing that will not restrict your movements.
3. You will also need to make sure you have enough space to do the movements, and might prefer a yoga mat or a carpeted floor. If you are not very flexible or do not exercise regularly, it is best to start out slow and work your way up.
4. A Word of Caution: Everyone's body is different and some of us may not be as flexible as others. It is better to start your practice slowly and build than to possibly hurt yourself.
5. Also if a posture is hurting it is better to get out of it earlier than to stay in it longer and hurt more. If you are unable to do a particular posture, it is okay to skip it. Below are a few beginner lying yoga poses to get you started.

### Supine Pose:

Lie down on your back with your arms by your sides, palms facing upward, and breathe naturally for a few breaths.

# Mindful Yoga

## Mindfulness Worksheet

### Supine Full Body Stretch

Breathe in and sweep your arms up along the floor, stretching them overhead with your palms together. Exhale and sweep your arms back down to your sides.

### Supine Twist

1. From the supine pose, sweep your arms outward to shoulder height. Bend both knees raising them straight up, but keep your feet on the floor, then exhale and lower both knees down to your right side, keeping your shoulders and arms on the floor and turning your head to look to the left.
2. Breathe naturally and remain present, being mindful of any thoughts, emotions or sensations. Inhale and then return to the neutral position, lying flat with both knees up and your feet on the floor.
3. Breathe naturally, and then repeat on the other side lowering both knees down to your left side, keeping your shoulders and arms on the floor and turning your head to look to the right.

### Leg Stretch

1. Bend your left knee, but keep your left foot on the ground. Raise your right leg, keeping it straight with your right heel pointing toward the ceiling.
2. Breathe naturally and flex your ankle with your toes pointing toward the ceiling, then rotate your ankle in one direction and then the other. Slowly lower your right leg to the floor.
3. Repeat the full body stretch, then repeat the leg stretch on the other side, bending your right knee, but keeping your right foot on the ground. Raise your left leg, keeping it straight with your left heel pointing toward the ceiling.
4. Breathe naturally and flex your ankle with your toes pointing toward the ceiling, then rotate your ankle in one direction and then the other. Slowly lower your left leg to the floor. Once again, repeat the full body stretch.

# Mindful Yoga

## Mindfulness Worksheet

### Single Knee to Chest

1. Keeping your left leg straight, exhale, bend your right knee, bringing it up toward your chest, placing your hands just below the knee drawing your thigh closer toward your chest.
2. Breathe naturally, being present and mindful of any thoughts, emotions or sensations. Slowly return your right foot to the floor and straighten both legs.
3. Repeat on the other side, keeping your right leg straight, exhale, bend your left knee, bringing it up toward your chest, placing your hands just below the knee drawing your thigh closer toward your chest.
4. Slowly return your left foot to the floor and straighten both legs. Then once again repeat the full body stretch.

### Bridge Pose

1. Bend both knees and raise them straight up, but keep your feet on the floor and your arms by your sides. Inhale and raise your spine up off of the floor, first lifting your buttocks, then your lower back, and then your upper back off the floor.
2. Clasp your hands together underneath your body and stretch them toward your feet, breathing naturally. Exhale, return your arms to your sides, and slowly lower your spine down to the floor, first your upper back, then your lower back and finally your buttocks.

### Bridge Pose with Arm Stretch

Repeat the bridge pose, with both knees bent, feet on the floor and arms by your sides, and as you inhale and raise your spine up off the floor, sweep your arms overhead on the floor. As you exhale and lower your back to the floor, sweep your arms back down by your sides.

### Leg Side Stretch

1. Roll onto your right side with your legs extended, one on top of the other. Let your head rest on your right arm and place your left hand on the floor in front of your ribs.

# Mindful Yoga

## Mindfulness Worksheet

2. Breathe naturally, then inhale and slowly raise your left leg up, then exhale and slowly lower it back down, being present and mindful of any thoughts, emotions or sensations. Repeat a few times.
3. Repeat the full body stretch, then roll onto your left side with your legs extended, one on top of the other. Let your head rest on your left arm and place your right hand on the floor in front of your ribs.
4. Breathe naturally, then inhale and slowly raise your right leg up, then exhale and slowly lower it back down. Repeat a few times.

### Pose of Openness

1. Repeat the full body stretch once again, extending your arms overhead as you inhale. Bring them back down to shoulder height and allow them to relax and open as you exhale.
2. Wiggle your fingers and leave them open. Gently relax your legs and allow them to open, wiggle your toes and leave them open.
3. Deepen your openness opening your eyes, mouth, nose and ears, extending even to the thousands of pores in your skin and becoming aware of how they, too, are all open. This is a very courageous pose of being open to all possibilities.
4. Rest here and reflect for a moment. Are there experiences you want or need to open your heart or your mind to? Can you let go of whatever is holding you back from opening up to these experiences? Breathing in and out, resting and opening into the pose of openness, being present and mindful of any thoughts, emotions or sensations.

### Corpse Pose

1. This final pose is the corpse pose, the pose of deep relaxation. Place your arms by your sides or place your hands on your chest—whatever is comfortable.
2. Close your eyes and breathe naturally. Just as we move in yoga, it is also important to stop and be still as motion and stillness create balance. Breathing in and out, allow your body to relax and be still.

# Mindful Yoga

## Mindfulness Worksheet

### **MINDFULNESS YOGA JOURNAL:**

After doing this exercise for the first time, write about your experience. What did you notice emotionally, physically and mentally?

