

Thich Nhat Hanh

Mindfulness Movements - Preparatory Exercises

1. Lift arms in Front (to shoulder level), palms down, and stretch arms forward. Breath in lifting, out lowering. Feet hip width apart, heels in and toes slightly out.
2. Lift arms above head. Palms facing in. Breath in lifting, out lowering. Stretch up. Feet closer together.
3. Fingertips on shoulders. Open like a flower. Arms out at sides. Open breath in, return breath out. Feet apart.
4. Palms together in front and low. Raise arms and open out, around and return, repeat opposite. Breath in going out, breath out with opposite. Feet a little more than shoulder width apart.
5. Hands on waist, bend forward (trying to keep back and legs straight). Starting left, make a circle with your head, breathing in, opposite, breathing out. Stretch as rotating. Feet apart.
6. Lower hands down, bend at waist. Lift and breath in, hands overhead. Lower back down breath out. Stretch by leaning body back, feet apart.
7. Heels together, feet in V, and hands on hips. Lift on balls of feet, breath in. Lower down by bending knees and keeping the back straight, breathing out.
8. Feet together, lift right leg, breath in. extend foot, breath out. Return foot to ground, lift left leg, repeat.
9. Weight left foot, circle right foot as if you are drawing a circle on the ground, breath in half circle, breath out finish circle. Repeat opposite side.
10. Feet apart, turn right foot out, Lift right hand upwards to sky, breath in, lower breath out, Left hand on hip. Rotate body into the lift. Repeat opposite side.
11. Feet together and stand and reflect on body openness and breath.

Repeat the above, with Mindfulness on the breaths. Repeat 4 times each time.