

## Mindful Movement: Basic Flow



Sit comfortably in a chair.  
Close your eyes or gaze softly in front of you.  
Place your hands together at heart center or on your lap.  
Take a few deep breaths, slowly inhaling and exhaling.  
Put your awareness in your heart center and gently observe the inflow and outflow of your breath for a few moments.  
Slowly open your eyes if they are closed.

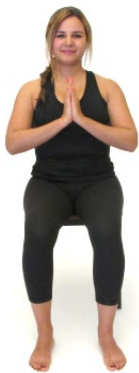


Place hands on your lower back or on top of your thighs. Inhale and gently look up.



Exhale with your hands on top of your thighs or knees, rounding your spine forward, moving your chin towards your chest.

Slowly repeat this sequence of inhaling and exhaling a few times.



Place your hands together at heart center or on your lap.  
Take a few deep breaths, slowly inhaling and exhaling.



Inhale and raise your arms. Gently look up or forward.



Exhale and lower your arms, gently twisting to the right.



Inhale and raise your arms. Gently look up or forward.



Exhale and lower your arms, gently twisting to the left.



Inhale and raise your arms. Gently look up or forward.



Exhale and bend forward to whatever degree is comfortable for you.



Inhale and raise your arms. Gently look up or forward.



Exhale and bring your hands to heart center.  
Close your eyes or gaze softly in front of you.  
Take a few deep breaths, slowly inhaling and exhaling.  
Put your awareness in your heart center and gently observe the inflow and outflow of your breath for a few moments.  
Slowly open your eyes if they are closed.

Do this entire flow 1–3 times.