

HOW MINDFULNESS
CAN CHANGE YOUR LIFE

PART 4
THE ART OF LIVING IN THE MOMENT



Mindful
Yoga



#DiscoverYourLight

HOW MINDFULNESS CAN CHANGE YOUR LIFE

PART 4



MINDFUL YOGA

1

Set aside at least 15 minutes in a quiet, open, airy space to practice yoga.

2

Treat your practice like a meditation, where you bring your full awareness to both your physical and emotional sensations as you move through the poses.

3

Observe how the physical sensations give rise to emotional sensations like released tension leading to relaxation.

HEALTH BENEFITS

Reduced stress | Enhanced concentration | Improved memory & performance

WHY IT WORKS TO REDUCE STRESS

Mindful yoga adds a physical element that provides a boost of energy and positive chemicals in the brain.

WHAT IS MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

RESOURCES

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