

**MINDFULNESS**

Cindy Senk M.ED Rehabilitation

RYT-200, Certified Personal Trainer

Movement for All

**Mindfulness Definitions:**

* Mindfulness is letting go of taking things for granted.
* Mindfulness is returning to the present moment.
* To be alive is to totally and openly participate in the simplicity and elegance of here and now. -*Donald Altman*

**Seated or reclining whole body guided relaxation:**

Ask participants to find a comfortable place to sit or recline. Settle, center, focus on your breath, close your eyes or take a soft gaze to the earth

* Envision a beautiful pot floating above your head. It is filled with honey, or sunshine, or moonbeams...whatever the participant desires
* Imagine the honey flowing into the top of your head spreading warmth, pain relief, calmness in your head and neck area…
* The honey continues to flow down both arms to your fingers spreading wonderful healing energy wherever it goes…
* Continue this theme as you guide them through the entire body ending with the feet and toes.

Close the guided relaxation with these words of loving kindness:

* May you be loved and loving
* May you be safe from harm
* May you be as healthy as you can be in this moment
* May you be at ease and happy...

**Meditation/Mindfulness Apps:**

CALM HEADSPACE MINDFUL MAGIC

