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What is Mindful Movement

Mindful Movement: Connecting Body and Mind Through Awareness

DEFINITION

> Mindful movement is being aware of your body while you move. It helps you focus and feel calm.

KEY CONCEPTS

Awareness

Being conscious of your body and surroundings as you move.

Breath Connection

Using your breath to guide your movements and enhance relaxation.

Gentle Movement

Moving slowly and carefully to increase mindfulness and reduce stress.

Body Scan

Checking in with different parts of your body to notice sensations.

Focus on Feelings

Paying attention to how your body feels during movement.

EXAMPLES

→ Stretching while focusing on your breath.

→ Walking slowly and noticing each step.

→ Doing yoga poses with attention to body sensations.

MEMORY TIPS

★ Remember 'Breathe and Move' for mindful movement.

★ Use the acronym 'AWAKE' - Awareness, Breath, Awareness, Kindness, Ease.

★ Visualize a slow river to recall gentle movement.

COMMON MISTAKES

✗ Rushing through movements instead of moving slowly.

✗ Not focusing on breathing while moving.

✗ Ignoring body sensations and feelings.

QUICK RECAP

Mindful movement combines awareness of your body with gentle movement. Focus on your breath and feelings to enhance relaxation and mindfulness.