

Mountain Mindfulness

THERAPY

MID-DAY MINDFULNESS BREAK

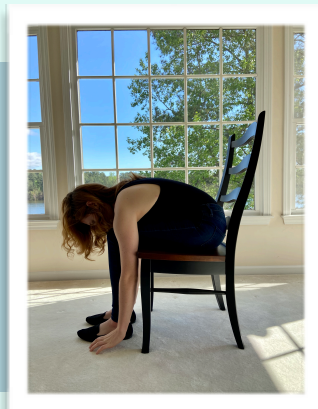


Mountain Pose

Take a moment to identify an intention for your mid-day Mindfulness Break. Take several deep breaths in, eyes may be closed as you turn your attention inward for a few minutes

Gentle Neck Stretch

Gentle neck stretch; left arm reaches out to the side as your right ear gently drops toward the right shoulder. For additional stretch you may LIGHTLY rest the right hand on the left ear. Repeat other side.

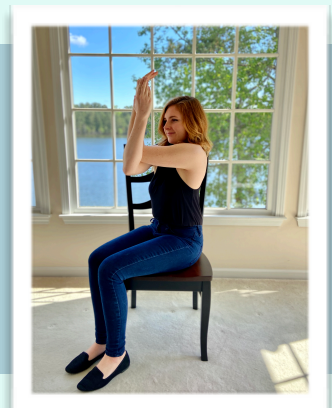


Forward Fold

On the exhale sweep the arms out to the side as you fold all the way forward with the chest resting on the thighs. Hands or fingers may come to touch the earth. Breathe.

Eagle Arms

Spread arms far apart and stretch. Next, cross your left elbow over your right (like you're giving yourself a hug) and bring the palms of your hands (or the backs of your hands) together.





Modified Power Hara

Bring your hands to the shoulders with elbows pointed out. Inhale, and twist to the left. Exhale and twist to the right. As you twist, inhale through your nose and exhale through your mouth with a "ha" sound! Practice 10-12 full rounds.

Seated Cat-Cow

Moving into Cat Cow Pose on an inhale shoulders roll back and down while the chest rocks forward opening the heart. On an exhale the back rounds toward the chair, dropping the head and neck into the shoulders. Repeat.



Seated Pigeon

Upon an inhale pick up the right leg and place the right ankle on top of the left thigh, just above the kneecap and allow the right knee to fall to the right side. Feel the gentle stretch, taking deep breaths while hold the pose for 5 breaths. Release.

Seated Twist

With feet at on the floor, inhaling to lengthen the spine; on exhalation let the shoulders fall away from the ears. On next inhalation, lengthen spine upward and on exhale gently twist torso to the left side. You may want to use GENTLE pressure of hands to chair and knee to press spine upward for lift and twist. Breathe deeply. Rotate sides.



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