



How to practice Mindfulness



Commit to a time

Take small steps everyday.
Start with 3 – 5 mins and build up
in 1-minute units each week.



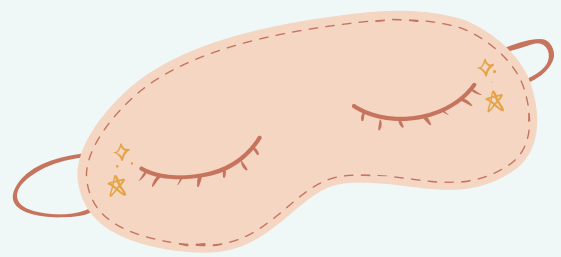
Take a Seat

Find a place to sit that feels
comfortable, calm and quiet to you.
Either cross your legs or, if seated in
a chair, rest your feet on the ground.



Notice your Body

Straighten your upper body to relax into
your natural spine setting.
Arms by your sides with hands softly
positioned comfortable so that you can
be still to centre yourself.



Soften your gaze

Lower your chin and let your gaze fall
gently downward. Your eyes can be
open or closed. Whatever appears
before your eyes can be there without
focusing on it.



Notice your Breathe

Bring your attention to the physical
sensation of breathing: moving through
your nose or mouth, the rising and
falling of your belly, or your chest.



Notice when your mind wanders

It will! Inevitably, your attention will
leave the breath into distraction.
Simply notice it & return your attention
to the breath and the path it takes from
the outside to the inside.



Be compassionate to your wandering mind

No need to wrestle with your thoughts.
Practice observing them without reacting.
Sit and pay attention without obsessing
over their content.
Come back to your breath over
and over again, without judgment
or expectation.. Just come back.



Lift your gaze & gently come back to now

Take a moment and notice any sounds
in the environment. Notice how your
body feels right now. Notice any
thoughts and emotions.



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Everyday Mindfulness Practices



Sit in the Morning

Every morning offers an opportunity for reflection, intention & a mindfulness practice.



Touch Nature

Spending small touch points amidst nature will help you reset and calm your thinking mind. Barefoot on the ground is a powerful centring practice.



Feel Feelings

What you resist will persist. Avoiding emotions does not serve us. Acceptance and acknowledgment of the emotion helps us to be with what is.



Create

Creating in the kitchen, bedroom, studio, garden or office can generate self expression. More time doing what you love, will lead to loving what you do & how you do it.



Focus on ONE Task

Focussing your attention on your top priorities one at a time will elevate your productivity, celebrations & momentum.

You will know when to expand & contract your focus.

Zoom in and Zoom out.



Meditate

Meditation will celebrate and build momentum. You will know when to expand & contract your focus.

Zoom in and Zoom out.



Engage in Physical Activities You are Passionate About

If you have a creative hobby, this can also be a good opportunity to practice mindfulness. Spend some time doing what you enjoy and just be in the moment of creation.



Mindfulness is awareness that arises from paying attention on purpose, in the present moment - without judgement.

JON KABAT ZIN



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