

# YOGA AND MINDFULNESS

## MINDFULNESS MEDITATION

Sit with legs crossed or in a chair.

Put one hand on your heart,  
put the other hand  
on your belly button.

Take 3 slow, deep breaths.

Notice what you're thinking  
and feeling right now.

Focus on the feeling of your  
breath.

Notice what thoughts or  
emotions come and go  
as you sit here.

CHILL FOR  
REAL



CHECK-  
IN

What did you notice during your  
mindfulness meditation?  
Write a few words or draw how you feel.

# YOGA MOVEMENT

## Forward Bend:

- Sit on the floor with your legs stretched out in front of your hips
- Press your hands down behind you to help lengthen your back as you breathe in deeply
- Breathe out as you bend forward reaching for your shins or your toes
- Hold your shins or your toes and stretch your chest out over your legs
- Continue to breathe normally, in and out
- You can stay here for as long as it is comfortable

## Legs up the wall:

- To go deeper into chill mode, move next to a wall. Sit sideways next to a wall, as close as you can. With your shoulder next to the wall, stretch your legs out
- Lie down onto your back and bring your legs up the wall (\*try swinging them!)
- Let your arms go out to the sides with your elbows bent (like a goal post)
- Close your eyes and allow your whole body to relax for as long as you like



## ***Chill for real***

means inviting your body to release tension that you might not even know you have so you can restore and be at peace.



# MEDITATION

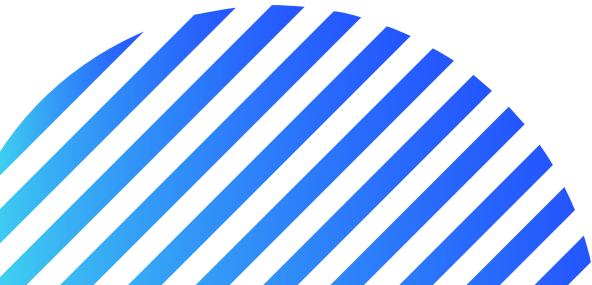
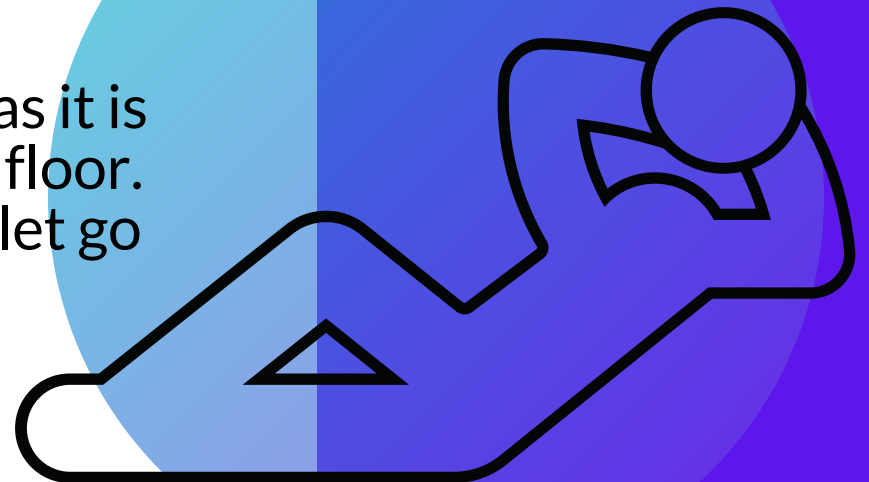
## TENSE AND RELEASE

- Take a deep breath in, tense all the muscles in your **legs and feet**, hold the squeeze for a few seconds, then breathe out and let it all go
- Take a deep breath in, tense all the muscles in your **arms and hands**, hold the squeeze for a few seconds then breathe out and let it all go
- Take a deep breath in, tense all the muscles in your **shoulders, neck, and face**, then breathe out and let your whole body relax
- Rest here and feel your whole body as it is released down onto the support of the floor. Invite all of the tension in your body to let go

"ANYTHING I  
CANNOT  
TRANSFORM INTO  
SOMETHING  
MARVELOUS,  
I LET GO"

-Anais Nin

RELAX



# MINDFUL MANDALA

Color the snowflake mandala mindfully. Enjoy paying attention to the colors, sounds, and shapes as you concentrate and let your thoughts go.



# YEAH! YOGA!

For more yoga and  
mindfulness resources:  
[www.yeahyoga.org](http://www.yeahyoga.org)

## CHECK- IN

Take a moment to practice mindfulness meditation again. What did you notice? Write a few words or draw how you feel.