

Mindful Moments

Mindful Yoga Brain Break Activities



What Is Mindful Yoga?

Mindfulness is about becoming more aware of your thoughts, body, senses and surroundings. It is about being focussed on the present and concentrating your mind on one specific thing. With busy lifestyles and our minds often multi-tasking, becoming more mindful can be an important skill to learn to help calm and relax your body.

Mindful yoga is slightly different from yoga on its own as it asks you to clear your mind of all other thoughts and concentrate on the sensations in different parts of your body with each pose. The pose does not have to be perfect.

Enjoy and hopefully you will feel more relaxed by the end!

Body Movements

Click on the stretching activity you would like to try.

Chair Pose

Rainbow Pose

Butterfly Pose

Tree Pose

Snake Pose

Cat Cow Pose



Chair Pose

I am calm.



- Begin by standing tall with your feet shoulder width apart and take a deep breath in through your nose.
- As you breathe out through your mouth, bend your knees as is if you are sitting in a chair.
- Reach your hands up towards the ceiling and face your palms together.
- Hold the pose, taking three deep breaths.
- After the third breath, call out the affirmation, **I am calm.**

Mindful Thought: Think about the stretch you can feel in your legs, up through your back and up to your arms. Concentrate on how each part of the body feels. Tense? Relaxed? Heavy? Weightless?

Tree Pose

- Begin by standing tall with your feet shoulder width apart and take a deep breath in through your nose.
- Lift your right foot and place it wherever feels comfortable on your left leg, turning your knee out.
- Press the palm of your hands together and then lift your arms above your head and look up to your hands, breathing out as you do.
- Hold the pose and call out the affirmation, **I am strong.**
- Return your hands to your chest and lower your leg.
- Repeat this move with the opposite leg.

I am strong.

Mindful Thought: Think about the muscles you can feel working in your body to help maintain your balance. Are there any body parts working harder than others?



Rainbow Pose

- Begin by sitting up tall on your knees.
- Keep one arm down by your side, breathe in through your nose and arch your other arm over your body.
- Hold this position and breathe out.
- Call out the affirmation, **I am happy.**
- Straighten your body and change arms.
- Repeat two times on each side.

I am happy.

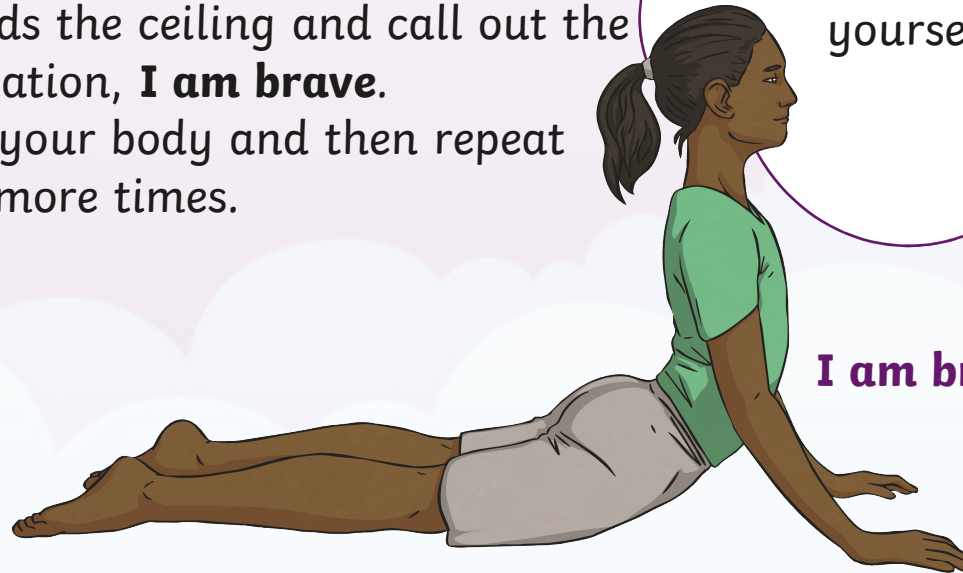


Mindful Thought: Think about the stretch you feel running along the side of your body. Concentrate on the muscles you are using as you stretch over to the side.

Snake Pose

- Begin by lying on your tummy and take a deep breath in through your nose.
- Breathe out through your mouth and as you do lift your head and upper body off the floor, fully stretching your arms.
- Look directly ahead or slightly towards the ceiling and call out the affirmation, **I am brave.**
- Relax your body and then repeat three more times.

Mindful Thought: Think about the stretch you can feel across your back and into your neck. Concentrate on the tension you can feel in your arms as you push yourself upwards.



I am brave.

Butterfly Pose

- Begin by sitting comfortably on the floor with the soles of your feet together.
- Wrap your hands around your feet, keeping your back straight.
- Gently bounce your knees, like a butterfly flapping its wings.
- As you bounce your knees, take deep breaths in through your nose and out through your mouth.
- After each breath out, call out the affirmation, **I am beautiful.**



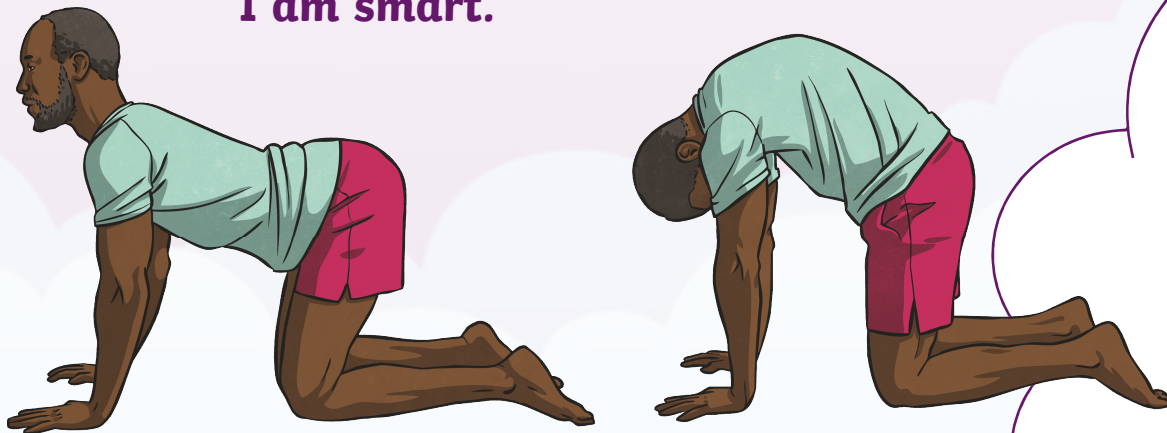
I am beautiful.

Mindful Thought: Think about the stretch you can feel in your legs as you bounce your knees. Does the tension change as you bounce your knees up and down?

Cat Cow Pose

- Begin by kneeling on your hands and knees.
- Take a deep breath in through your nose and as you do, look up to the ceiling and sink your tummy to the floor.
- As you breathe out through your mouth, curl your back towards the ceiling and look at your tummy.
- Repeat this move three times.
- After each breath out, call out the affirmation, **I am smart.**

I am smart.



Mindful Thought:

Think about the changes in tension you can feel in your body as you stretch your neck to the ceiling then curl your body.

