Mindful Movements

Mindful Movements. The Community of Interbeing - Manual of Practice suggests ten basic movements of exercise that can strengthen mindfulness in our everyday movements. These exercises can be done individually in groups.

- Each movement is done for three repetitions before proceeding to the next. "Body movements should be flowing and graceful and not too rapid."
- All exercises begin from a standing position with arms hanging loosely at our sides.
- What makes these exercises unique from basic stretching exercises is that we control our breathing during the exercises. On the in-breath we execute a particular position and on the out-breath we return to the starting position.

Mindful Movement 1
Stand upright with feet slightly apart facing forward. On the in-breath raise both arms so that they are horizontal, hands loose and palms facing downward. On the out-breath lower both arms to your side.

Mindful Movement 2
Start as in Movement 1 with palms facing inwards. On the in-breath raise hands above the head keeping the arms straight to make a semi circle in front of the body. Stretch the body with out the feet leaving the ground. On the out-breath reverse the movement returning the hands.
Mindful Movement 3
Start with feet slightly apart and arms bent at the elbow and finger tips touching the top of each shoulder. The arms are in the same plane as the body. On the in-breath stretch both arms so that the arms are fully out-stretched, palms upward. On the out-breath return the arms again to the start position.

Mindful Movement 4
Start with the arms and eyes facing forward. Palms should be together at waist level in front of the body. On the first in-breath lift the arms (keeping them straight) the hands stay together at eye level, keeping the movement continuous take the arms up and out over the shoulders (hands are now separated) and on the first out-breath bring them down behind the body (thus making a big circle with each hand). With the second in-breath reverse the movement bringing the hands above the head and then on the second out breath bring hands down to the start position.

Mindful Movement 5
Stand with the feet slightly apart and hands resting on the hips. Start by leaning forward with head at waist level, legs straight. With the first in-breath rotate the body clockwise pivoting around the waist. The head should describe a wide circle and then after the in-breath is leaning backwards and upright. On the out-breath reverse the movement taking the head back to its start position in front of the body. After repeating this cycle three times repeat the movement but rotating the body anti-clockwise.
Mindful Movement 6
Start by leaning forward allowing the arms to hang downward. With the first in-breath lift up the body from the waist, taking the hands in a wide semi-circle so that the arms stretch upwards. Stretch the whole body. On the out-breath reverse the movement returning the body to its starting position, leaning forward arms loosely downwards.

Mindful Movements 7
Stand with hands resting on hips and feet together at the ankles, slightly apart at the toes. On the in-breath stand on tip-toe and then with back kept straight up and hands kept on hips bend at the knees taking the torso down towards the ground. Ankles should stay together. With the out-breath straighten the legs and return to the original position.
**Mindful Movement 8**
Stand upright with hands on hips, feet together on the ground. With the first in-breath raise the right leg so the knee is just below the level of your waist, the lower leg hanging downwards. With the first out-breath extend the lower half of the leg so the leg is almost straight. With the second in-breath describe a semi-circle with the right foot pivoting around the ankle and bring the lower leg down to its position after the first in-breath. With the second out-breath return the leg to its start position beside the body. After completing this cycle three times with the right leg, repeat three times with the left leg.

![Mindful Movement 8 Diagram](image1.png)

**Mindful Movement 9**
Stand upright with hands on hips, feet together on the ground. With the first in-breath bend the right leg and then with the out-breath straighten and extend the leg out in front of the body with the foot just above the ground. With the second in-breath swing the foot around the body to the side, keeping the leg straight and describing as wide a circle as possible so that the foot ends up behind the body with the toe touching the ground. With the second out-breath reverse this movement so the foot returns to its position extended in front of the body. With the third out-breath return the foot to its start position. After repeating this cycle three times repeat the movement using the left leg.

![Mindful Movement 9 Diagram](image2.png)
**Mindful Movement 10**

Stand upright your feet a good step from each other. The left foot should point at right angles to this, pointing outwards to the side. The left hand should be on the hip and right arm should be pointed down the right leg with fingers extended. Your face should be looking sidewards in the same direction as the right foot. With the in-breath bend the right leg and raise the right arm stretching and extending it just above shoulder level. This should produce a stretch along the left side of the body. With the out-breath reverse the movement returning to the start position. After repeating this cycle three times repeat the movement on the other side of the body (ie. bending the left leg).

![Diagram of Mindful Movement 10](image)

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