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# **BENEFITS OF MOVING MEDITATION: YOGA**



# MY DEFINITION OF Mindfulness

## BRAIN BREAK

- Mental Hygiene
- Mental Discipline
- Brain Yoga



## MENTAL FLOSS

Daily habit—grows empathy, kindness, compassion, joy, love and forgiveness.



## MOVEMENT MEDITATION

- Opens our mind, body and spirit to the fruits of the Holy Spirit: Peace and Joy
- Grows brain neurons, helps us focus, increase productivity and performance
- Fosters imitating the life of Jesus Christ—humility, love and forgiveness
- Opens the flow of God's grace and mercy—healing of mind, body and spirit
- Unites all in Love for GOD is Love! Deepens our love for God and each other



## GROWING THE DIVINE EXCHANGE

Finding Pure Peace in the presence of Jesus Christ moment by moment without judgement.



## JAMES 4:8

Draw near to God and he will draw near to you (James 4:8).

Healthy living begins with healthy thinking.

Be kind to yourself.



## LOVE IS THE LAW

Meet people where they are at. Visualizing ourselves and each person as made in the image of GOD.

Be humble, loving and forgiving.



**Quietness is the classroom to hear the word of GOD.  
Allow the Holy Spirit to organize your day.**

GET READY TO MOVE

# Grounding & Centering Exercises



## BRAIN BREAK

- Meditative Exercise is “your program”
- Inhale Love, Exhale Gratitude: Jesus
- Swing Arms
- Tapping
- Brain yoga
- Head shoulders knees and toes (English and Spanish)
- Alphabet with toes





GET READY TO MOVE

# Head, Shoulders, Knees, and Toes



## English Version

Head, shoulder, knees and  
toes, knees and toes.

Head, shoulder, knees and  
toes, knees and toes.

Eyes, ears, nose, mouth.

Head, shoulders, knees,  
and toes, knees and toes.

Lead with Love ♥

## Spanish Version

Cabeza, hombros, rodillas  
y pies, rodillas y pies.

Cabeza, hombros, rodillas  
y pies, rodillas y pies.

Ojos, oídos, nariz y boca.

Cabeza, hombros, rodillas  
y pies, rodillas y pies.

Lidera con amor ♥



# MOUNTAIN POSE



Stand tall with feet together with arms at side:  
5 deep breaths

Benefits:

- Improves posture
- Strengthens thighs, knees, ankles
- Tones abdomen and buttock



## 3 HUGS A DAY FOR THE HEALTH OF THE MIND, BODY, AND SPIRIT.

- Boosts immune system
- Relaxes muscles
- Relieves pain
- Reduces stress, anxiety, and depression
- Improves sleep
- Improves energy

# UPWARD SALUTE



From the mountain position, move arms up over your head: palms facing

Benefits:  
strengthens arms,  
shoulders, and belly

# HEAVEN'S POSE



- Heaven's Pose (my creative addition): modified upward salute
- Left foot forward firmly planted (heavenly home) and on toes of right foot (temporary earthly home)

Benefits:

- strengthens arms, shoulder, belly, ankles, and feet
- Now, repeat with right foot forward...



## WARRIOR I:



From the mountain position, step left foot forward 3-4 feet and right foot turned 45 degrees. Keep your right leg straight and left knee bent over the left ankle. Upward salute of your arms and body form a straight line.

## WARRIOR I:



Repeat with right foot forward...

Benefits:

- Increases stamina
- Strengthens shoulders, arms, thighs, ankles and calves
- Stretches groin, belly, chest and shoulders

## WARRIOR II:



From Mountain pose- step left foot forward 3-4 feet and turn right foot 90 degrees. Keep left knee bent over your ankle. Elevate both arms parallel to the ground palms facing down. Gaze over your front hand.

Repeat with right foot forward...

## WARRIOR II:



### Benefits:

- Increases stamina
- Strengthens thighs and arms
- Stretches shoulders, chest, and groin



# REVERSE WARRIOR



From Warrior II- elevate front arm overhead and extend backwards looking upward through the extended front hand.

Place back arm alongside your posterior thigh.



## Benefits:

- Increases stamina
- Strengthens thighs and arms
- Stretches shoulders, chest, and groin

## SIDE ANGLE



From Warrior II- flex forward and bring front forearm over front thigh and elevate your back arm extended overhead.

Benefits:

- Increases stamina
- Strengthens thighs and arms
- Stretches shoulders, chest, and groin

## WARRIOR III



From mountain pose- extend arms over head parallel to each other and stand on one leg. Face between arms gaze to the ground. Body parallel to ground. Chair for support.

Benefits:

- Improves balance
- Strengthen ankles, calves, thighs, spine, core muscles, shoulders
- Stretches thighs and upper extremities

# CHAIR POSE



From Mountain pose: raise arm overhead palms facing, feet and knees together. Bring weight to heels and flex thighs into “chair”

Benefits:

- Strengthens thighs, ankles, spine, and arms
- Stretches shoulders, arms and chest

# TWISTING CHAIR POSE:



From the chair pose- join hands in prayer position in front of your heart; keep hips square and twist to the right bringing left elbow to outside of the right thigh. Repeat opposite side.

Benefits:

- Strengthens thighs, ankles, spine, and arms
- Stretches shoulders, arms and chest
- Detoxifies and helps with digestion





## **3 HUGS A DAY FOR THE HEALTH OF THE MIND, BODY, AND SPIRIT.**

- Boosts immune system
- Relaxes muscles
- Relieves pain
- Reduces stress, anxiety, and depression
- Improves sleep
- Improves energy

**EXERCISE IS FUN, GRAB A FRIEND OR TWO...  
TO LIVE FULLY ALIVE IN MIND, BODY, SPIRIT  
ALL FOR THE GLORY OF GOD!**

Inhale Love, Exhale Gratitude: Jesus  
Smile, Breathe, and Love to change the world  
Be open to meditative exercise to find pure  
peace in the present moment  
Lead with Love!