

a variety of practices that focus on BODY-MIND integration & are used to calm the mind, enhancing overall WELL-BEING

"IF YOU DON'T MAKE TIME FOR YOUR WELL-NESS, YOU WILL BE FORCED TO MAKE TIME FOR YOUR ILL-NESS"

I) PARASYMPATHETIC VS SYMPATHETIC NERVOUS SYSTEM

NOT HAPPENING AUTOMATICALLY  
↳ LITTLE TO FORTEN  
↳ regular healthy habit

FIGHT OR FLIGHT

BALANCE

determines how we deal with stress

II) MEDICINE FOR BODY  
⇒ MOVEMENT + REST

MEDICINE FOR MIND  
⇒ MEDITATION + movement + rest

III) UNDERSTAND YOUR EMOTIONS, YOUR BODY, YOUR PAIN + TRAUMA

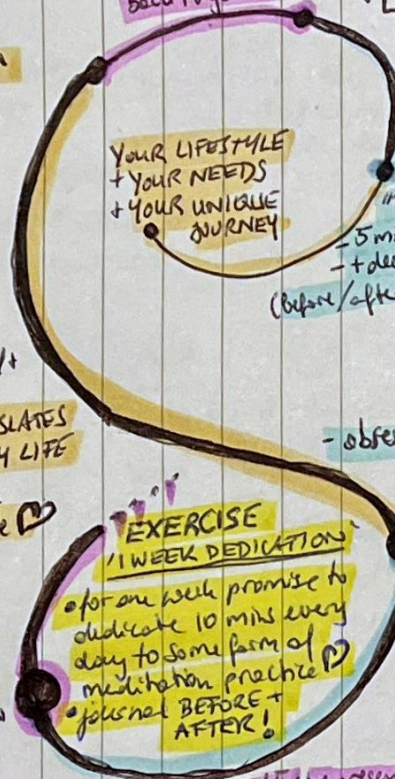
- IMPROVE FOCUS
- REDUCE ENERGY DRAINING BRAIN CHATTER
- LOWER STRESS, RESILIENCE THROUGH CLARITY + HEALTHY UNDERSTANDING + HEALTHY COPING TOOL

"PRESENCE"

- learning how to come back to the breath
- decision made to stay present
- release all + any judgement towards myself + others
- PRACTICE TRANSLATES INTO EVERYDAY LIFE  
↳ not a practice but a lifestyle

"LOST IN THOUGHT"

- mind wanders
- thoughts pop up
- ! BRILLIANT!
- this is the time to acknowledge your learning curve
- it's about OBSERVATION, DECISION MAKING to come back to your breath, your practice  
↳ NO JUDGEMENT JUST NEUTRAL OBJECTIVITY + COME BACK TO THE PRACTICE.



EXERCISE  
1 WEEK DEDICATION

o for one week promise to dedicate 10 mins every day to some form of meditation practice  
o journal BEFORE + AFTER!

"STILL OR ACTIVE"

STILL

- sit still + breath
- sit still + focus on object on sound
- lie down + focus
- guided meditation
- visualization
- body scan
- sound bath / fibonacci frequency

ACTIVE = be present!

- any mindfulness practice (eating, walking, running...)
- knitting / sewing / arts + crafts / painting
- listening to music
- affirmation / prayers

"BODY SCAN"

- set a timer
- sit or lie down (if you fall asleep, no judgement!)
- focus on breath
- work from top of head to toes (or other way around)
- close with deep breaths, kindness + SMILE!

IV) DISCERN MIND FROM SELF

- our mind runs the show most of the time
- becoming aware that we are not the mind
- the mind is a tool that has developed more or less unconsciously with thoughts, conditioning + past experiences
- WE DECIDE TO BE THE VOICE NOW WE BREAK CYCLES WE CHANGE THE PATTERN WE TAKE CHARGE AGAIN!
- we re-train re-frame the mind so that it works for us, contributes to the person we want to be + the life we want to live

V) THE IMPORTANCE IS TO BECOME AWARE + MINDFUL

& peace, quiet, no thoughts comes over time through practice.  
OBSERVATION IS KEY + THAT IS WHAT WE TRAIN.  
oh, i've followed a train of thoughts, I know come back to my breath!

KEY LEARNING CURVE

= consistency + will bring with it PEACE, QUIET + NO THOUGHTS eventually