



# Breathing exercises or yoga



# Mindfulness



1

## Stress Management

Several studies have proven that teenagers who practice yoga are less stressed and perform better in lessons.

2

## Build Strength

In adolescence, bodies are changing. Yoga builds physical strength from the core out.

3

## Expand Attention Span

Mindfulness practices teach focus and concentration.

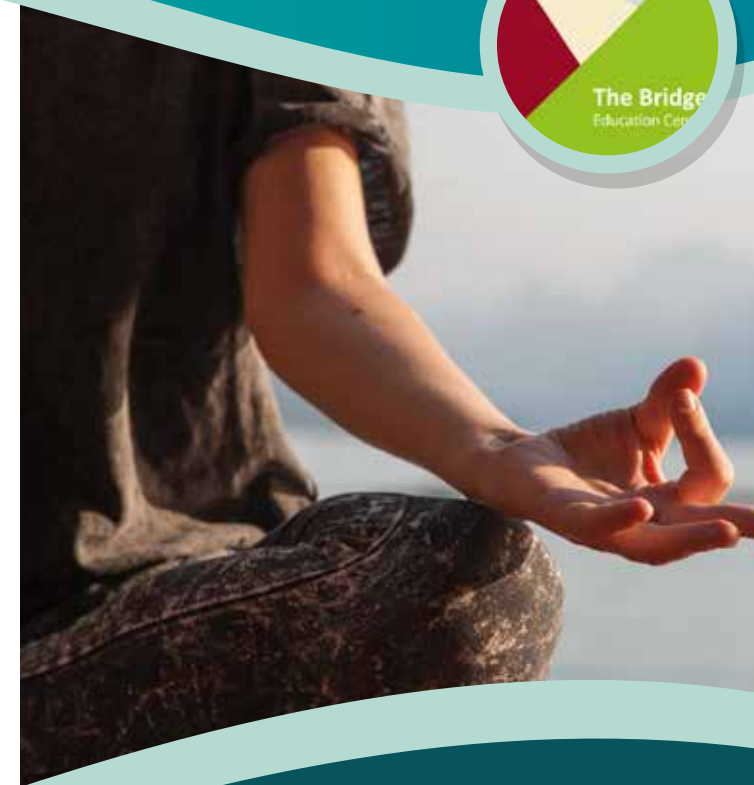
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## Emotional Resiliency

Mindfulness helps with critical thinking and executive function.

Breath plays a useful role in mindfulness as it is always available as an object of attention, but so is the rest of your body, the food you are eating and the person you are listening to.

Similarly, whilst learning to be more aware of movement, there is no need for 'downward' dog or superflexibility.



# YOGA

benefits of mindfulness  
and yoga practices

at The Bridge Education Centre



## Mindful Breathing

1. Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
2. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
3. Let go of your thoughts. Simply let thoughts rise and fall of their own accord and be at one with your breath.

## Mindful Observation

1. Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.
2. Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows.
3. Look at this object as if you are seeing it for the first time.
4. Visually explore every aspect of its formation and allow yourself to be consumed by its presence.
5. Allow yourself to connect with its energy and its purpose within the natural world.

## Mindful Listening

1. Close your eyes and put on your headphones.
2. Try not to get drawn into judging the music by its genre, title or artist name before it has begun. Instead, ignore any labels and neutrally allow yourself to get lost in the journey of sound for the duration of the song.
3. Allow yourself to explore every aspect of the track. Even if the music isn't to your liking at first, let go of your dislike and give your awareness full permission to climb inside the track and dance among the sound waves.
4. Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyse each one by one.
5. Home in on the vocals: the sound of the voice, its range and tones. If there is more than one voice, separate them out as you did in step 4.

## Chilling Out

- The purpose of mindfulness is not to relax; it is to cultivate the skill of noticing what happens in the mind and body however it is: when there is discomfort, anger or stress as much as happiness, joy or ease.

By noticing these things as they happen, you create the freedom to choose your response.

## Colouring

- Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

## Emptying your mind

- Some people think mindfulness is about emptying the mind in some way. Wrong! It is not about freedom from thinking but freedom with thinking. Thoughts will always come and go; mindfulness helps you relate to thoughts differently and work with them more skilfully.

