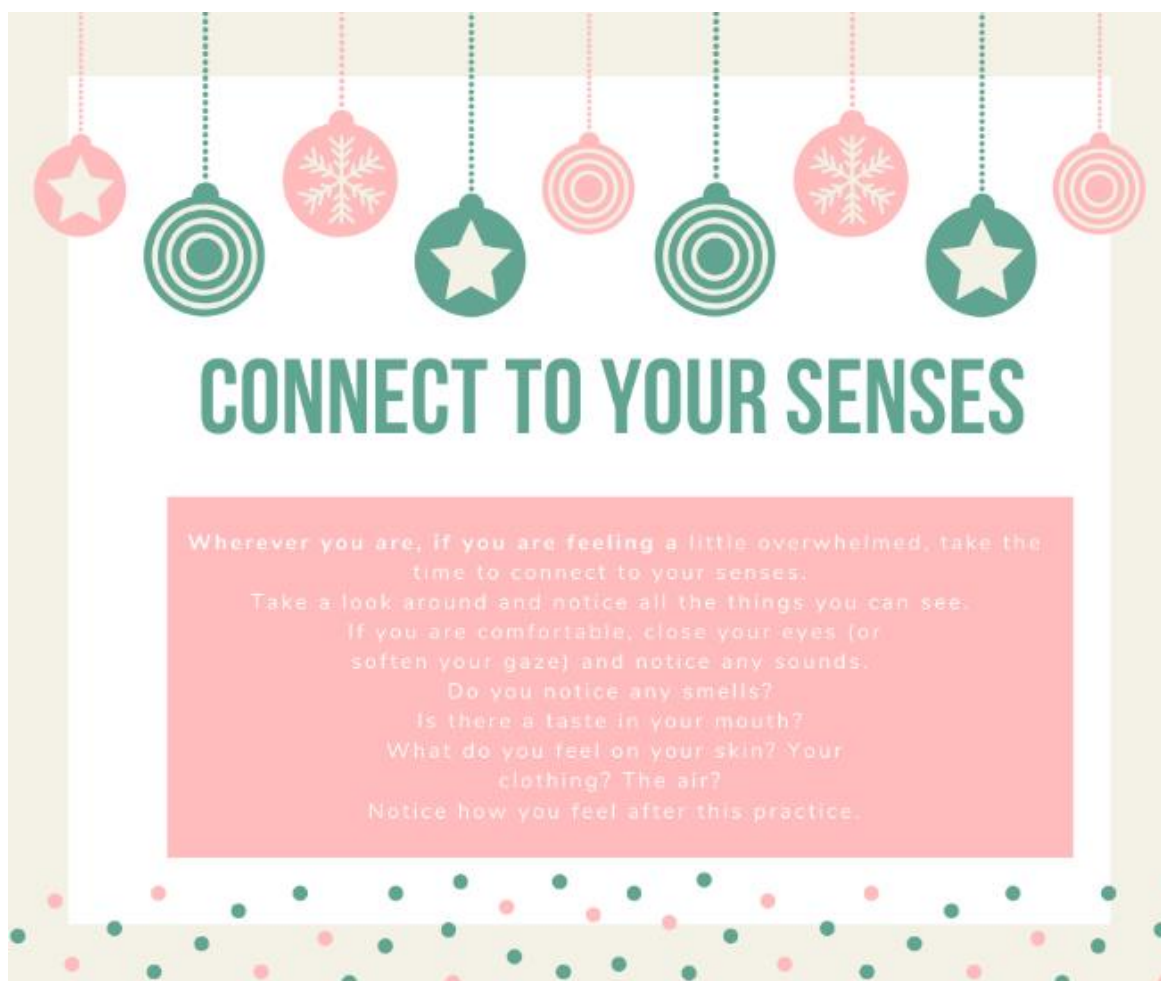


## 12 Days of Mindfulness

This time of year can be a great time to reunite with family and friends and spend quality time with the people in your life.

It can also be a stressful time as Christmas celebrations are planned and run and your calendar gets full. You have to contend with the busy mall and traffic on the roads. The 'stuff' you bought online wasn't what you wanted so there is an extra thing to add to the never ending list.

Our 12 Days of mindfulness will help you find the calm in every day so you can enjoy the holiday season and focus on what's important to you. Each of these can be done in a couple of minutes and can make a huge difference to the way you feel.





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## CHANT

Chanting is a great way to get your mind to slow down and become more still.  
Begin by focusing on your breath. Watching the natural rise and fall of your chest. On your next inhale, say the word 'Love' in your mind.  
On your exhale, say the word 'Compassion' in your mind. Continue this for one minute. Longer if you feel comfortable..




## BREATH EXERCISE

Focus on your natural breath.  
Now, count how long it takes you to breathe in and how long it takes you to breathe out. Now make your exhale 2 counts longer than before.  
Extend the exhale by 2 counts.  
Repeat this for 1 minute. Longer if you feel comfortable with the practice.  
Notice how you feel after your practice.



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## MANTRA

Begin by focusing on your breath. Watch the natural rise and fall of your chest. On your next inhale, just under your breath, make the sound 'So'.

On your exhale just under your breath make the sound 'Hum'. Continue this for one minute.


Longer if you feel comfortable.



## ABDOMINAL BREATH

Place your hands on your abdomen. Take the time to breathe slowly. As you inhale, allow the abdomen to expand. As you exhale, allow the abdomen to soften back towards the spine. If you are comfortable with this breath, continue for one minute.

Return to your natural breath and notice how you feel.





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## TAKE YOUR SHOES OFF

If you are in a park or garden, or on the sand, take your shoes off.  
Notice the ground beneath you.  
Feel yourself connected to the ground.  
Enjoy the feeling.



## SWIM IN THE OCEAN

Take some time for yourself and go for a swim, Somewhere you love to be. While out there, take the time to notice your surroundings. Feel the water on your skin.  
Breathe in the fresh air.



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## LISTEN TO NATURE

Take your coffee, tea or smoothie outside in your garden or a park. Put your phone or device away and listen to the sounds around you. Make this a part of your morning ritual.

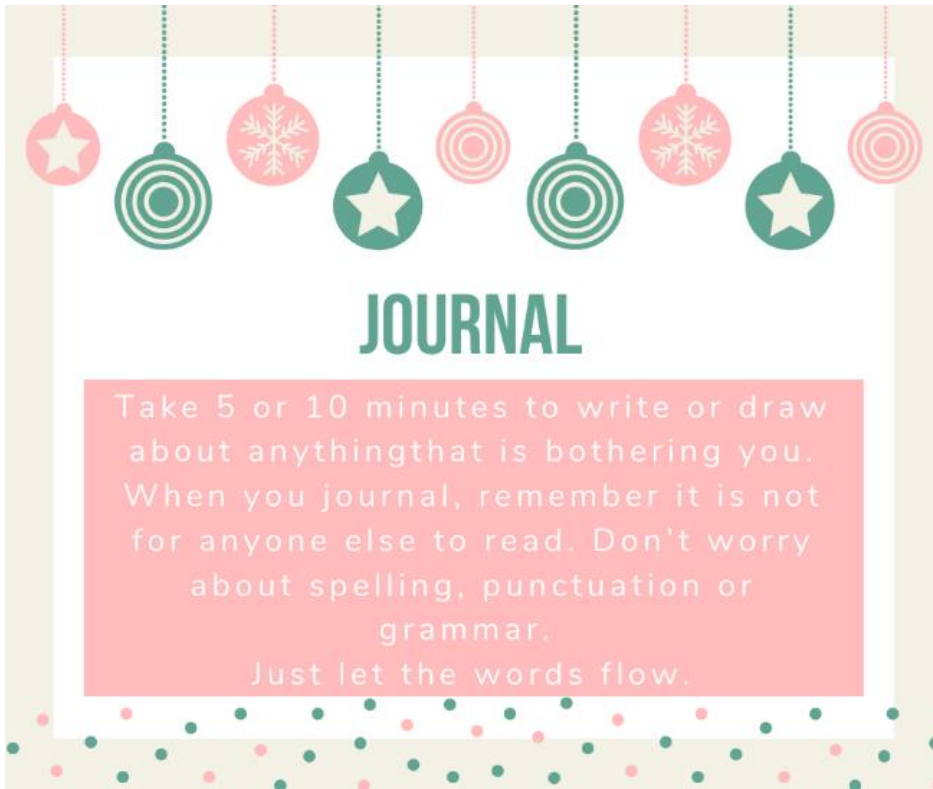


## TASTE

Do you rush your meal time? Eat on the run? Eat between appointments? For one meal, take the time to sit, look at and appreciate the food you have in front of you. Enjoy each mouthful, noticing the consistency and taste of every mouthful. Bon appetite.



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After each practice take a few moments to notice how you feel and if you feel any different.

We wish you all a safe, calm and happy Christmas.

Namaste,

Liama @ Inspire Yoga.