

Introduction to Mindfulness Group Session 2

Topics for discussion in Session 2

- How mindfulness can be practiced with the body in movement
- How we can direct our focused awareness at various anchors which opens options for us in consciously choosing where to place our attention
- Common challenges in practice

Practices we will do in session

- Mindful movement and stretching
- Mindfulness practice sampling various anchors for awareness (sight, sound, touchpoints in the body, breath)

Optional supplementary material

- Tara Brach introductory talk (58 min) <https://www.tarabrach.com/part-1-the-art-and-science-of-meditation-introductory-series/>

Week 2 suggested home practice

Informal practice: choose one activity that you tend to do every day and bring mindful awareness to the experience as you do the activity

Formal practice: Try some formal practice once or twice daily. You may wish to choose between the body scan, mindfulness of breath, body or sound anchors and mindful movement practices (see links below and please exercise care with limitations and areas of injury or pain with any movement practices)

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- 3min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<http://www.sharingmindfulness.com/audio/>

- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- 20-45 min seated meditations
- 10-45 min body scans
- 35-52 min mindful movement practices

<http://franticworld.com/free-meditations-from-mindfulness/>

- 4 min chocolate meditation
- 14 min body scan

- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

Breathr free app (<https://kelymentalhealth.ca/breathr>)

- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting

Notes: