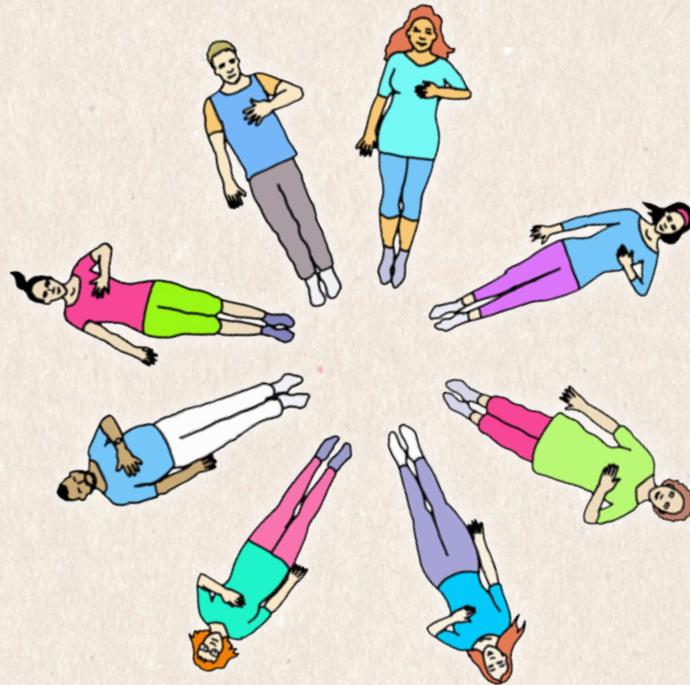




# EXERCISES FOR MINDFULNESS





# Impressum

Fondacija

[www.tpo.ba](http://www.tpo.ba)

Exercises for Mindfulness  
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Sarajevo, 2018.

# Introduction

*If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present. (Lao Tzu)*

Mindfulness meditative practices may include physical exercises to combine deep breathing and body movement. It helps to stretch muscles but also to train our mind to be in harmony with the body. Through harmony of mind and body we are becoming fully aware of our Self. Awareness of one's Self means awareness that we are connected to everything that exists around us. These exercises help, particularly at the beginning to overcome challenges of monotony and drowsiness, but also to keep awakened both our mind and body.

Mindfulness demands constant work at smoothing over noise in our perception of ourselves and our lives through everyday divestment of veils of ignorance, arrogance, greed, hate and other negativities.

Techniques and practices of heart awakening are different in various traditions and everyone is free to take one that fits him/her the best. Every spiritual tradition provides the spiritual nourishment necessary for mindfulness, but we can always combine exercises of mind and body and benefit from both at the same time.

**Mindfulness with physical exercise can reduce the stress and division that human being feels inside his/her self.**

**Every day dedicate 10 to 30 minutes to take a deep breath and do some of the exercises and you will notice changes in your body and mind very soon.**



# Content



## Exercise 1 CHAIR

Breathing deeply and paying attention to our breath while moving our hands and other body parts is key to proper exercising.



## Exercise 2 PIANO

Moving our shoulders, hands and fists helps our peripheral circulation and relaxation of hand muscles that tire with typing and writing.



## Exercise 3 WILLOW

It is important to exercise our body so that it can entirely bend forward like a willow tree because that helps the brain blood-flow, it regulates blood pressure and eases headaches created by long periods of sitting and stress.



## Exercise 4 STEP FORWARD

Stepping forward increases muscle endurance and stabilizes our back.



## Exercise 5 LAMP

Stretching our hands and neck is relaxing and it helps mobilize energy and relax upper-body muscles, particularly neck.



## Exercise 6 SQUATTING

Squatting helps mobilize heart and body energy, and bent feet increase lymph circulation.



## Exercise 7 SHAKING

Your hands feel a lot of joy as well as pain, which is why it is important to release stress physically.



## Exercise 8 REMOVING GLOVES

Stress builds up and it is important to occasionally shake off the built-up burden in our hands.



## Exercise 9 TOUCH YOUR TOES

Playful spirit resides in a flexible body



## Exercise 10 CAT

We need to relax and stretch our spine if we want to keep it healthy.



## Exercise 11 NECK

Our neck supports our head, and we need to relax it if we want to have an uninhibited energy flow.



## Exercise 12 GREETING

Our neck supports our head, and both its left and right side should function properly.



## Exercise 13 ENERGY EXCHANGE

Humans are creatures of matter, spirit and energy, and our energy affects other people, be it intentional or not

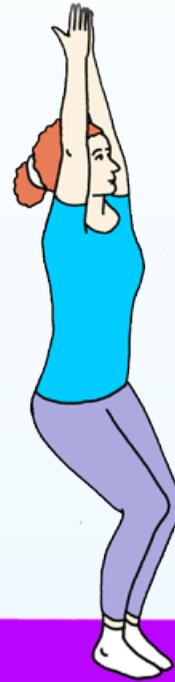


## Exercise 14 SUNFLOWER

Feel connected to your surroundings, because everything is connected and it affects everything else.

## Exercise 1 CHAIR

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Start with your back straight and your hands placed on your hips. Bend your knees slightly forward into a partial squat position so that your thigh muscles are taut.

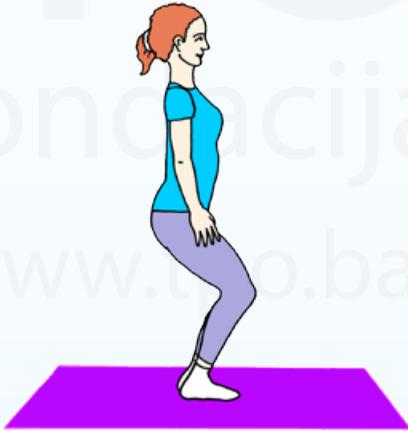
**2** With your knees bent, raise your hands above your head and inhale deeply. Hold your breath for several seconds.

**3** Press your palms together and lower them in front of your chest, exhaling slowly through an open mouth for several seconds.

Breathing deeply and paying attention to our breath while moving our hands and other body parts is key to proper exercising.

## Exercise 2 PIANO

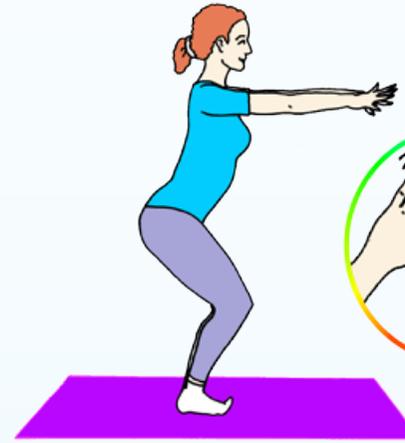
inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



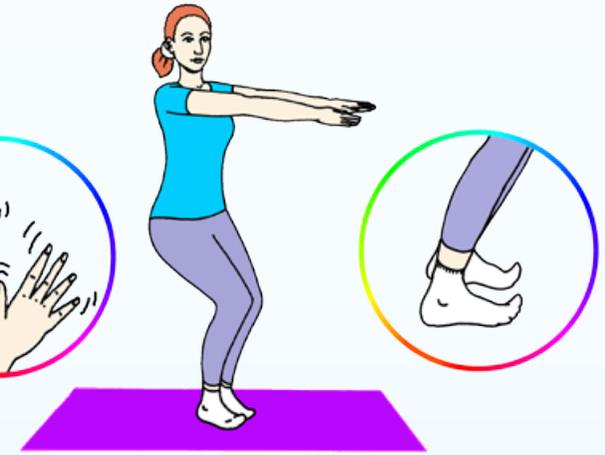
**1** Start in an upright position and straighten your back. Bend your knees into a partial squat.



**2** With your knees bent, raise your hands above your head and breathe deeply. Hold your breath for several seconds.



**3** Lower your hands in front of you and move each finger separately in order to engage your hand muscles and relax that part of the hand.



**4** Raise your toes off the ground with your soles firmly touching the ground. Move your fingers and toes simultaneously.

**5** Bring your hands back in a cactus position. This way, you tighten your shoulder-blades, lower back and thighs. Your back stays straight.



Moving our shoulders, hands and fists helps our peripheral circulation and relaxation of hand muscles that tire with typing and writing.

## Exercise 3 WILLOW

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



- 1 Start in an upright position and straighten your back. Bend your knees into a partial squat.



- 2 Bend your upper-body forward so that your head and back are straight while cupping your knees with your hands.



- 3 Lower your hands below your knees and bend your head inward toward your knees. Do not bend your legs but try to keep them straight.

- 4 Lower your hands to the ground and try touching the ground with your palms or at least fingertips while keeping your body entirely bent and your knees straight.



It is important to exercise our body so that it can entirely bend forward like a willow tree because that helps the brain blood-flow, it regulates blood pressure and eases headaches created by long periods of sitting and stress.

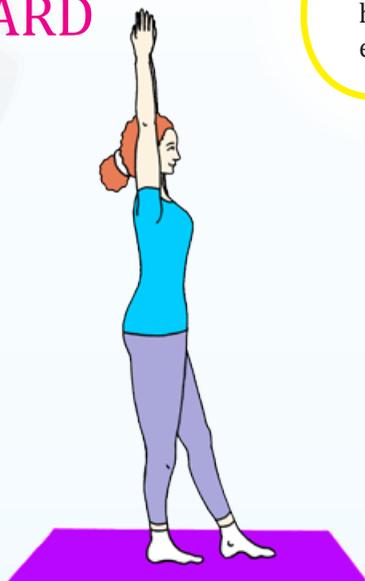


# Exercise 4 STEP FORWARD

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Start in an upright position with your arms at sides.



**2** Raise your hands above your head and breathe deeply. Try to hold your breath as long as you can.

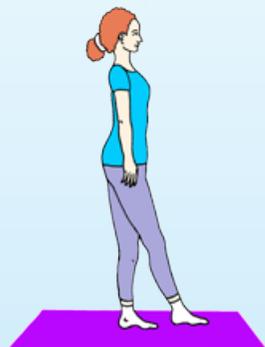


**3** Step forward with your **right** foot so that you are stable, press your palms together, and lower them in front of you.



**4** Bend your **left** leg as much as you can so that you can feel your leg and lower-back muscles tighten. Hold your hands in front of you and breathe deeply.

**5** Start in an upright position with your arms at sides.



**6** Raise your hands above your head and breathe deeply. Try to hold your breath as long as you can.



**7** Step forward with your **left** foot so that you are stable, press your palms together, and lower them in front of you.



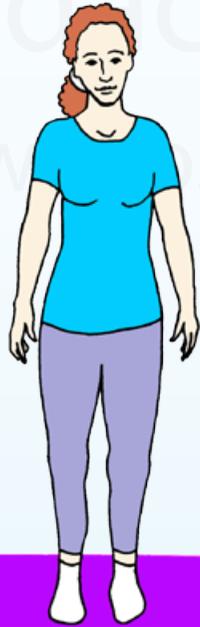
**8** Bend your **right** leg as much as you can so that you can feel your leg and lower-back muscles tighten. Hold your hands in front of you and breathe deeply.



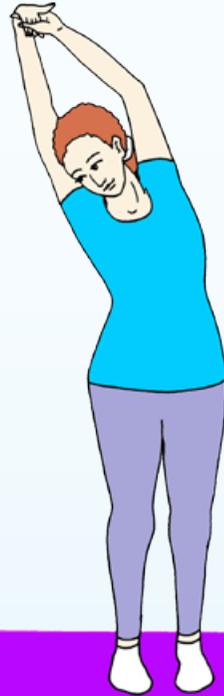
Stepping forward increases muscle endurance and stabilizes our back.

## Exercise 5 LAMP

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



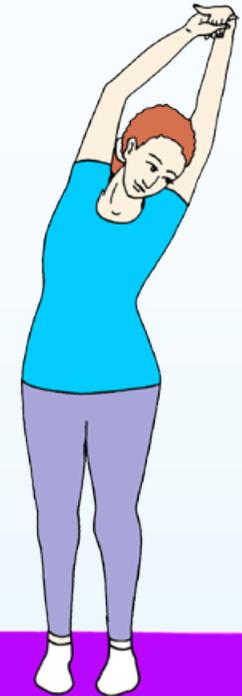
**1** Start in an upright position with your arms at sides and shoulders back.



**2** Take your right hand's fingers with your **left** hand and stretch to your right side without bending your hands while your head touches your right arm.



**3** Start in an upright position with your arms at sides and shoulders back.



**4** Take your left hand's fingers with your **right** hand and stretch to your left side without bending your hands while your head touches your left arm.

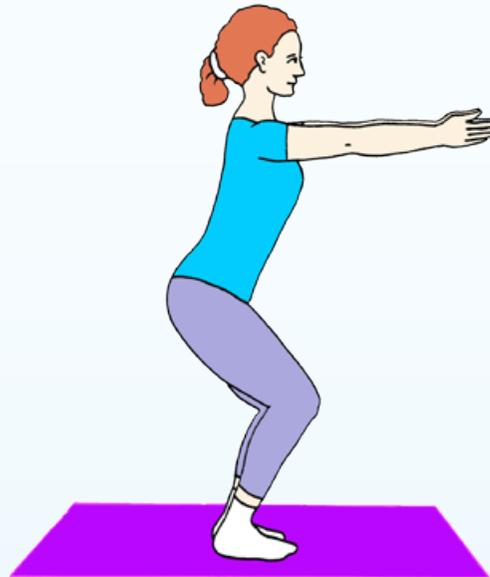
Stretching our hands and neck is relaxing and it helps mobilize energy and relax upper-body muscles, particularly neck.

## Exercise 6 SQUATTING

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Start in an upright position and raise your arms to shoulder height.



**2** Bend your knees as if you were going to sit back into a chair, and keep your arms stretched in front of you.



**3** Keep bending your knees until they are at a right angle and raise your toes off the ground.



**4** Keep lowering your body into a squatting position by relying only on your toes. Press your palms together in front of your chest. Hold your squatting position as long as you can and then slowly raise yourself back to the starting position.



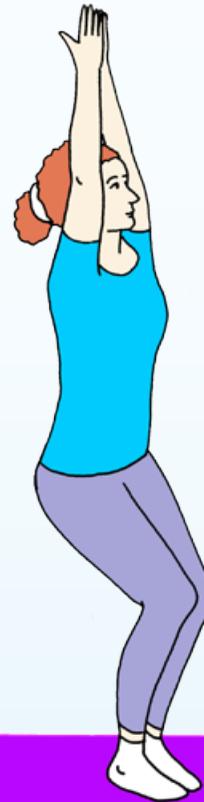
Squatting helps mobilize heart and body energy, and bent feet increase lymph circulation.

## Exercise 7 SHAKING

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



- 1 Start by bending your knees forward.



- 2 With your knees bent, raise your hands above your head and breathe deeply. Try to hold your breath as long as you can.



- 3 Straighten your knees and lower your hands by shaking the whole arm from the fingers to the shoulders. Feel your arm muscles work.

Your hands feel a lot of joy as well as pain, which is why it is important to release stress physically.

## Exercise 8 REMOVING GLOVES

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



- 1 Start in an upright position and raise your arms into a cactus position at shoulder height.



- 2 Lower your hands down firmly with your palms inward and shake off the burden of stress as if you were removing gloves.



- 3 Turn your palms outward and keep shaking as firmly as you can until your stress gloves come off.

Stress builds up and it is important to occasionally shake off the built-up burden in our hands.

## Exercise 9 TOUCH YOUR TOES

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



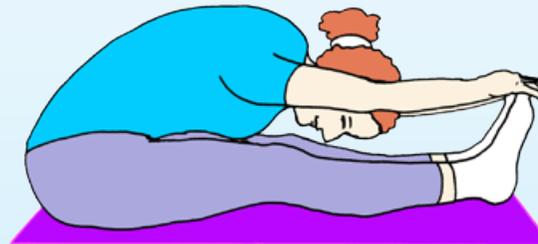
- 1 Sit with your legs stretched in front of you and your back straight. Relax your diaphragm in order to breathe as deeply as you can.



- 2 Bend your right leg toward the inner thigh and reach your left toes with your left hand in order to stretch that part of your back and leg.



- 3 Bend your left leg toward the inner thigh and reach your right toes with your right hand in order to stretch that part of your back and leg.



- 4 Extend both of your legs, bend your body entirely toward your legs, and reach your toes with both of your arms. Stay in that position as long as you can.

Playful spirit resides  
in a flexible body.

## Exercise 10 CAT

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



- 1 Sit with your knees bent and your back straight and breathe deeply.



- 2 Stretch your hands in front of you with your palms and knees touching the ground, your toes supporting your weight.



- 3 Bend your legs and sit on them, stretch your arms in front of you as far as you can, and lay your head onto the ground.

We need to relax and stretch our spine if we want to keep it healthy.

## Exercise 11 NECK

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Sit with your legs bent and your back straight. Place your hands on your hips and breathe deeply.



**2** Breathe deeply and throw your head back as far as you can.



**3** Bring your head back to the starting position and hold your breath.

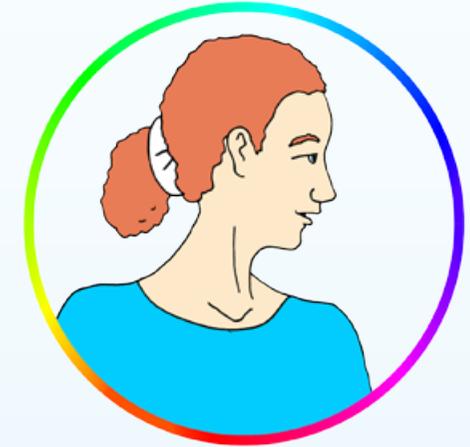
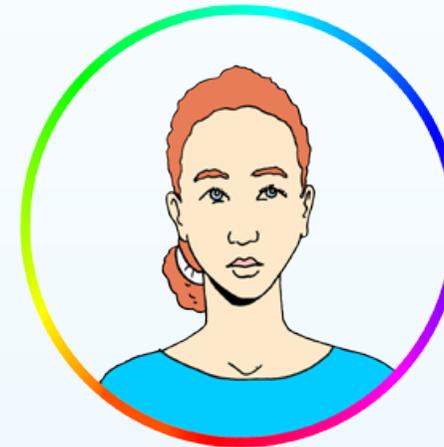
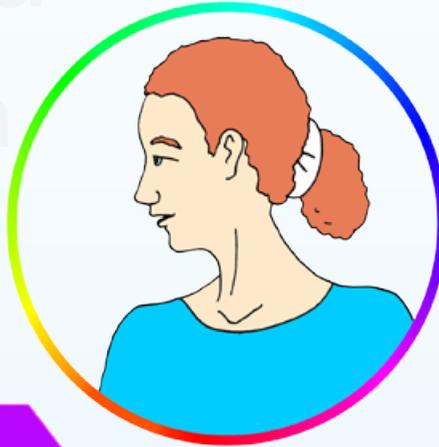


**4** Bend your head forward so that your chin touches your chest and breathe through the mouth.

Our neck supports our head, and we need to relax it if we want to have an uninhibited energy flow.

## Exercise 12 GREETING

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Sit with your legs bent and your back straight. Place your hands on your hips and breathe deeply. Inhale deeply and turn your head to the right as far as you can.

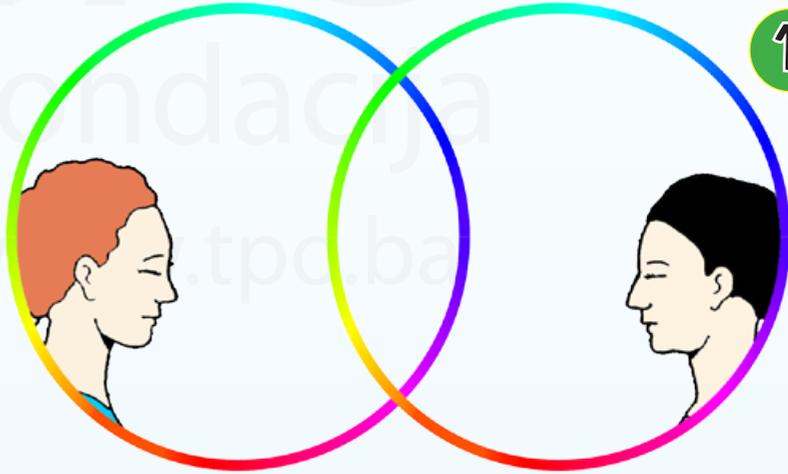
**2** Bring your head back to the starting position and hold your breath.

**3** Turn your head to the left as far as you can and exhale through an open mouth.

Our neck supports our head,  
and both its left and right side  
should function properly.

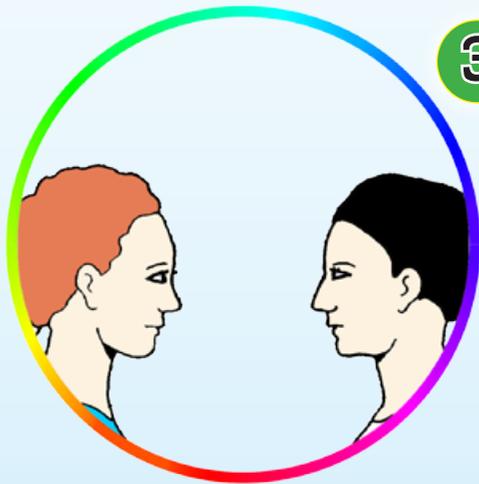
## Exercise 13 ENERGY EXCHANGE

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



**1** Stand opposite to another person and feel each other's energy for 60 seconds.

**2** Take each other's hands, close your eyes, and feel the energy flow between you. Breathe deeply.



**3** Open your eyes, place your arms at sides, and look at each other in silence. Breathe deeply.



**4** Sit back to back and extend your legs in front of you. Do not lean on the other person, do not place your burden on them, but gently sense the support in the other's back. Breathe deeply.

Humans are creatures of matter, spirit and energy, and our energy affects other people, be it intentional or not.

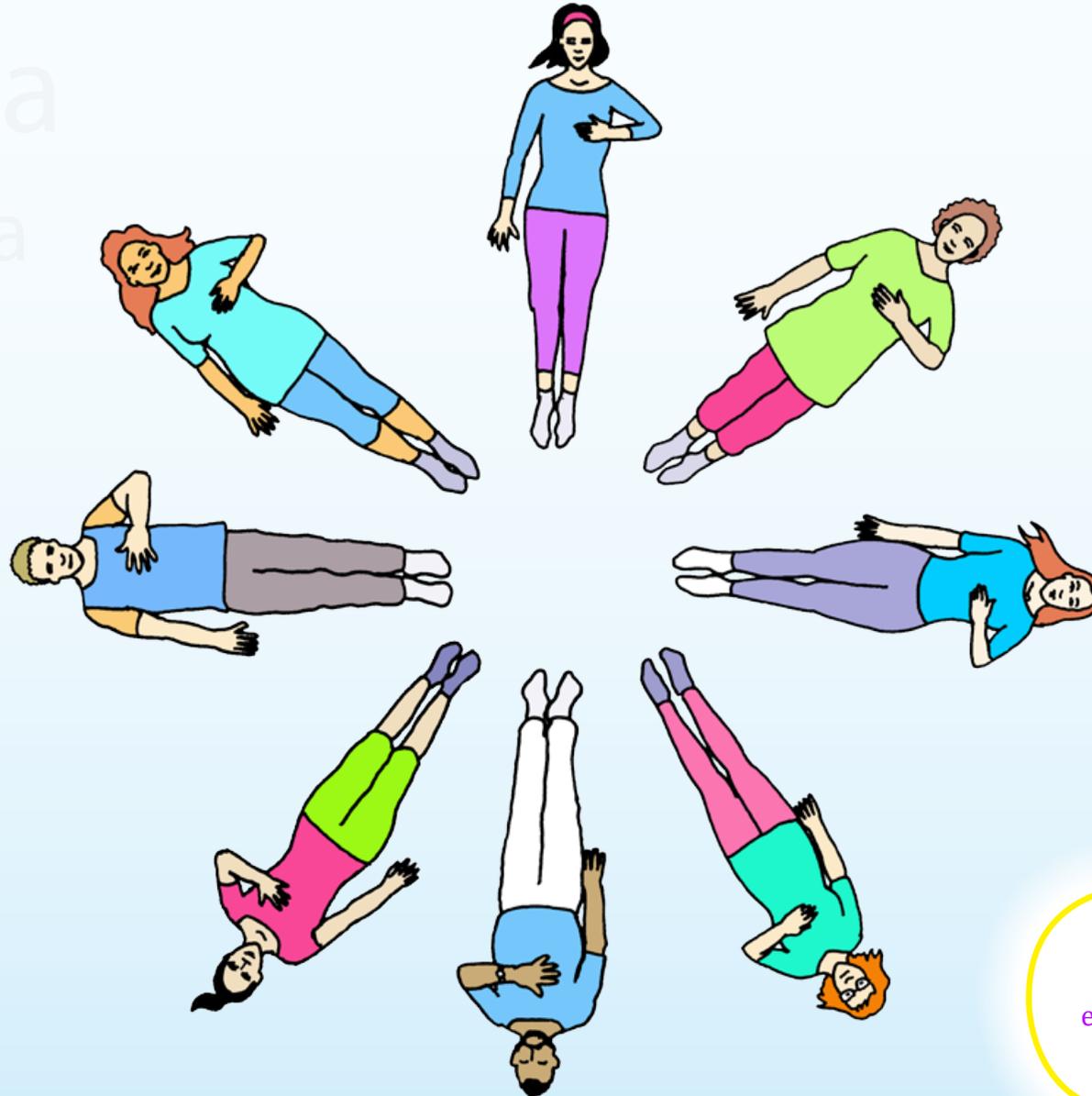
## Exercise 14 SUNFLOWER

inhale for 4 s  
hold breath for 7 s  
exhale for 8 s



1

Lie down in circle with others, resembling sunflower petals. Set one hand at your side, and place the other on your chest to feel your breathing rhythm. Relax and breathe deeply for several minutes.



Feel connected to your surroundings, because everything is connected and it affects everything else.

