

Root To Rise

A workshop to focus on creating greater body awareness using techniques of moment, breath work and discourse. This is a chance to help you gain presence in your body allowing you to feel more centered and balanced.

Mindfulness: is the act of being intensely aware of what you're sensing and feeling at every moment with kindness— suspending interpretation or judgment.

Benefits of mindfulness.

- Higher brain functioning
 - Increased immune function
 - Lowered blood pressure
 - Lowered heart rate
 - Increased awareness
 - Increased attention and focus
 - Increased clarity in thinking and perception
 - Lowered anxiety levels
 - Experience of being calm and internally still
 - Experience of feeling connected
- What are you practicing we are all doing it. Why not chose to be rooted in love, peace and joy.

Breath Work Exercise - Mindful Breathing

In-Out

Just become aware of your in and our breaths. Simply notice and saying In and Out.

Intention Breathing

Play with words of Breathing in Love and exhaling joy having peaceful interruptions

Body Scan

Scan the body from head to tow and ask it to release any unneeded tension.

Somatic Awareness

Lay on back and become aware of the whole body. Flutter your eyes shut. Being to move Your head back and forth to the music. Up and down or any combination that feels right. Feels the back of your skull on or your occiput on the mat. Body supported and feel the sensation as you move only the back of your neck. Come to Rest easy

Imagine that I have placed a piece of foam or a stress ball in your right hand and begin¹to squeeze it. Now one is in your left hand and begin to squeeze both of them. Now pretend that you have anti gravity gloves that have been placed on your hands and movie with he music. Come to place of stillness

¹ www.higherlivingnow.com

Begin to use your feet as windshield wipers and move them right and left. Now find freedom in you movement of your feet. Find your self in stillness.

Become aware of your breath, use the mental terms of in/ out. Begin to breath in Love and our Joy, not to give it away but to spread it so it can multiply. Now being to moving the back of your head on your mat, with your head moving being to move your hands. Now add your feet to the mix. feeling an freedom in expression to move how ever you want just keep both sides moving. At the same time being aware of the breath. In / Out

Begin to find stillness and take on big inhalation and exhalation and let that go.

The Bs

Become aware what is beneath you.
Become aware of the body
Become aware of the breath
Bounce with HA HA HA
Beating Heart
Bumble bee Breath

54321 “game”.

- Name 5 things you can see in the room with you.
- Name 4 things you can feel (“chair on my back” or “feet on floor”)
- Name 3 things you can hear right now (“fingers tapping on keyboard” or “tv”)
- Name 2 things you can smell right now (or, 2 things you like the smell of)
- Name 1 good thing about yourself.

Mindful Listening

Pick a partner and play the 54321 game.

listen to them and after they are all done repeat back to them what they said.

Hint

Awareness walk

walk around with meeting each other.

Being to walk around and be mindful of how you step the muscles it takes to move your body.