

## **Mindful body description**

### **Seated in a chair**

Legs shoulder width apart and feet resting on the ground. (Legs should not be crossed.)

Shoulders are relaxed

Straight spine as if sitting with dignity

Shoulders are relaxed and the stomach and abdomen are soft

Head is slightly tilted forward with a downward glance

Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth relaxed and slightly open

Hands rest palms down on the thighs

Breathe in and out through the nose

### **Seated on the ground**

Seated on a cushion

The spine is straight as if sitting with dignity

Shoulders are relaxed

Legs crossed in front of you

Shoulders are relaxed and the stomach and abdomen are soft

Head is slightly tilted forward with a downward glance

Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth is relaxed and slightly open

Hands rest palms down on the thighs

Breathe in and out through the nose

### **Standing**

Stand with feet shoulder width apart

Straight spine and relaxed shoulders

Arms and hands rest at the sides

Head is slightly tilted forward with a downward glance

Eyes can be opened and focused on a spot five feet away or eyes can be closed

Mouth relaxed and slightly open

Breathe in and out through the nose