



Mindfulness – An 8 Week Introductory Course

Week 3 – Mindfulness of the Breath And the Body In Movement

Handout 3.1 – Summary of Session 3

Why do we do Sitting Practice & Mindful Movement?

Sitting Practice is a position whereby it is easier to stay awake and focused. It also provides a firm base to practice using the Breath as an anchor, which is important in later stages of practice.

Mindful Movement helps develop a flexible attention – the ability to be Mindful on the move and in varied situations. It also increases our awareness of sensations in our body – learning to know them better.

The 3 Minute Breathing Space

The 3 Minute Breathing Space is designed to give you a clarity of non-judgemental awareness along with an opportunity to gather yourself and your thoughts by anchoring your breathing. This pause hopefully gives the opportunity to assess the situation and instead of reverting to the automatic pilot mode of action, you can make a conscious and informed choice of action.

3 Minute Hourglass

Open your attention - Acknowledge events without judgement

Ask yourself the questions – What sensations are present?

What emotions do I feel? – What thoughts am I thinking?

What is my mood? Look at your Interpretation!

B r e a t h e

A n c h o r

F o c u s

F o c u s

A n c h o r

B r e a t h e

E x p a n d y o u r a w a r e n e s s

A c k n o w l e d g e t h e c h o i c e s y o u h a v e

P r e p a r e f o r t h e n e x t m o m e n t s & a c t i o n c h o i c e s

R e a f f i r m y o u r s e n s e o f p l a c e & c o n t r o l o v e r y o u r a c t i o n s

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HANDOUT 3.2 – The 3 Minute Breathing Space

Try approaching your experience in each moment with the attitude: “OK, that’s just the way things are right now.” Unpleasant thoughts, feelings, memories or body sensations will occur. Fighting or trying to rid yourself of the upsetting feelings will only increase their insistence and distract you from doing anything else – like just being aware. Simply acknowledge the events as they are.

The 3-Minute Breathing Space—Basic Instructions

A - AWARENESS

- Consciously adopt a Mindful posture and attitude. If possible, close your eyes.
 - Then ask:
 - “What is my experience right now . . .
 - in thoughts . . .
 - in feelings . . .
 - and in bodily sensations?”
 - Acknowledge and register your experience, even if it is unwanted.

B – BREATH (GATHERING)

- Gently focus your full attention to your breathing, in detail - to each in-breath and to each out-breath as they follow, one after the other. If it helps you to count softly or say a word, do what is best for you.
- Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

C – CONSCIOUSLY EXPANDING YOUR AWARENESS

- Expand the field of your awareness around your breathing, so that it includes the sense of your body as a whole, your posture, and facial expression.
- Expand your awareness back into your environment – with a greater sense of clarity

The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment.

Note:

The 3 Minute Breathing Space is often called the “Coping Breathing Space”. Please note that the 3 Minute Breathing Space is NOT intended as a “coping mechanism”. While it may provide such benefit to some, to use it with that intention could lead to a feeling of frustration or “this doesn’t work!” if it doesn’t. Remember it is an exercise in awareness and choice.



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HANDOUT 3.3– Home Practices for Week Following Session 3

- Make note of home practice completion on the Home Practice Record Sheet
- 10 Minutes Sitting Meditation - Mindfulness of Breath and Body - daily
 - At varied times, practice 10–15 min. Mindfulness of Breath for 6 days.
 - Being with your breath in this way on a regular basis builds the awareness of what it feels like to be connected and present in the moment without having to do anything.
 -
- Stretch & Breathe – days 1, 3 & 5
 - Simple stretches
 - Remember the goal is awareness, not exercise.
- Mindful Movement – days 2, 4 & 6
 - Movement of your choice
 - Any way you like!
- Complete Handout 3.5 - Unpleasant Events Calendar – daily
 - Record sensations, thoughts & emotions during unpleasant events.
 - This is a Practice to become really aware of the thoughts, feelings, and body sensations which occur around an unpleasant occurrence. Notice and record, as soon as you can, in detail the nature and location of bodily sensations (e.g. tingling in stomach, a slight frown, tensing of muscles) or thoughts (e.g., use the actual words or images in which the thoughts came).
- Mindfulness of Routine Activity
 - Choose a new routine activity to be especially mindful of (e.g., brushing your teeth, washing dishes, taking a shower, taking out rubbish, shopping, drinking a coffee, etc).
- Eat one meal mindfully (as you did the raisin)

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HANDOUT 3.4 – Homework Record for Week Following Session 3

Name: _____

Date Commencing: _____

Meditations

10 Minutes Sitting Mindfulness of Breath and Body - daily – note reactions

Stretch & Breathe – days 1, 3 & 5

Mindful Movement – days 2, 4 & 6

Mindful Behaviour

Unpleasant Event Calendar daily

Mindful Awareness - of a routine daily activity (e.g. brushing teeth)

Eat 1 meal mindfully

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes:

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____