



YOGA

Easy Ways to Practice Mindfulness

Mindfulness is simply being aware of your thoughts and where the train might be headed. Sometimes we can let our thoughts get away from us, but we're always just a breath away from taking back the real estate of our minds and finding the present moment. The more we practice, the easier it will be to bring awareness to mind. Here are

Here are a few quick and easy ways to bring more mindfulness to your day:

- When brushing your teeth or hair, bring your awareness to what you're doing. Listen to the sounds, notice your feet on the floor, smell the toothpaste, hear the water. Simply by being mindful of your actions, you can ground yourself in the present.
- Practice mindful eating. There are several entire books written about this, but for a simple way to bring mindfulness to your meal, put away any distractions and focus on just the meal in front of you. Use all 5 senses to experience your food.
- Whenever you check the clock, take a breath. Breathe in through the nose, and out through the nose, taking a pause to be aware of your lungs inflating with the inhale, and emptying with the exhale.

What other techniques do you use to bring mindfulness to your day?