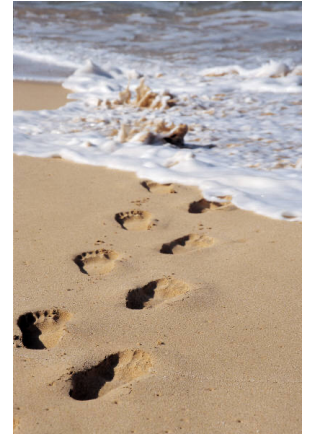


Mindfulness in Daily Life

Choose one or two daily activities and intend to be fully present to the experience (see suggestions below). Notice any body sensations, smells, sights, sounds, tastes, and deeper knowing. Also note any thoughts or emotions that arise. Each time you realize your attention has strayed from what's actually happening (including interpretations, stories, and reactions), acknowledge where the mind has been, then draw your awareness back to the present moment experience, with bare attention.



- **Riding the Waves of Breath:** Upon waking, or as you relax towards sleep, feel the body lying on the bed and observe a few gentle breaths. Feel the sensations of breath moving in and out of the body, rising and falling. Repeat this anywhere, anytime.
- **Letting Go of Tension:** Become aware of your habitual areas of tension (jaw, eyes, neck, shoulders, belly, pelvis, etc.). Several times a day, check in with these areas and imagine you are inhaling space around them. As you exhale, allow them to soften.
- **Conscious Nourishment:** While eating or drinking, practice just eating or drinking. Notice and savor the color, temperature, texture, smell, and taste. Allow yourself to feel nourished by what you're bringing into your body.
- **Listening Openly:** In conversation, listen with your whole being, as if you're receiving the essence of the person in addition to whatever they're communicating. Allow yourself to be curious about this creature before you, letting go of any expectations based on past experience. Notice any judging, or the temptation to react or interrupt. Let it go and come back to just listening openly.
- **Bell of Mindfulness:** Whenever you hear a bell, phone ring, bird song, horn honk, or similar sound that is part of your daily life, let it be a reminder to stop and listen, bringing you present.
- **Being with Waiting:** When you're waiting in line at the store, post office, etc., notice any reactions (body sensations, emotions, and thoughts) and allow yourself to open to what you're feeling. Use this opportunity to observe the subtle movements of the body, feeling your feet on the earth and any sensations of aliveness inside. Connect with your feeling of inner Presence (quiet, expansive, light, steady, whole, etc.)
- **Awakening to the Ordinary:** Open all your senses during basic daily activities such as washing hands, brushing teeth, washing dishes, walking, driving, etc. Pay attention to what you're doing as you're doing it and allow yourself to experience the subtle wonders inside the mundane.



east bay yoga

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