Mindfulness

Healthy Osprey recognizes that good health begins within from both the physical body and in the thoughts of our mind, therefore we recommend trying a yoga and/or meditation class and to check out this video- How mindfulness can change your life by Jon Kabat Zin and the video’s below to improve your holistic health.

The word “Yoga” means “union” and implies a harnessing together and a unifying of body, mind and spirit. Yoga is a practice of meditation in motion, and when done regularly, is an excellent mind/body practice for people who wish to move towards greater levels of health.

Mindful yoga is about practicing with awareness of physical sensations, breathing, emotions, and thoughts from moment to moment with unconditional acceptance. If yoga is practiced regularly you will notice many benefits to your physical and mental health. Regular practice will increase your musculoskeletal flexibility, strength, and balance, as well as help you to enter states of deep relaxation and awareness. Many people experience greater serenity about life in general after consistent yoga practice.

There are three main things to keep in mind when practicing yoga:

- **Do your version of the posture.** Yoga is not about competition. It is an internal practice. Listen to your body. Go to your edge but not beyond.

- **Be present.** The key to being present is paying attention moment-to-moment without judgment. Welcoming all sensations just as they are. Being present is a skill you develop over time with practice. Being present allows a deeper understanding of ourselves and we take this understanding off our mats and into our daily lives.

- **Breathe.** If you did nothing else but sit and breathe through your entire practice, you would gain many benefits. Breathe: slow, steady and deep.

Here are several video’s Health Osprey recommends watching to enable your healthy lifestyle. These videos facilitate your good health by assisting the incorporation of more mindfulness in to your daily life.

**NOTE:** All Videos are on Quick Time. Use Internet Explorer to access.

**Basic Meditation & Relaxation Practices:**
• 3 Minute Breathing Space
• Breathing and Relaxation Exercise
• 30 Minute Sitting Meditation

From Mindfulness-Based Stress Reduction Program:

• Body Scan (27:18)
• Sitting Meditation (38:54)
• Mindful Yoga 1 (48:09)
• Mindful Yoga 2 (52:03)
• Video: MBSR Yoga #1 (37:15)
• Video: MBSR Yoga #1 with camera emphasis on chair poses (36:33)
• Video: MBSR Yoga #2 with camera emphasis on chair poses (36:33)

Basics of Mindful Eating:

• Amazing Food Minute (1:02)

From "Eat for Life" Program:

• Taste of Mindfulness (2:06)
• Awareness of Breath Meditation (9:41)
• Eating Meditation (7:41)
• Body Scan Meditation (16:08)
• Standing Yoga Sequence (23:12)
• Body Lovingkindness (6:46)
• Video: Eat for Life Yoga (19:46)

From UCLA:

• Mindful Awareness Research Center (MARC) at UCLA - Mindful Meditations

Meditation Timer:

• Meditation Timer & iPhone App