

MINDFULNESS MOMENTS



IN 10 MINUTES
A DAY

MEDITATION MONDAY

New beginnings

Find a comfortable spot where you can sit or lie down. Rest your hands gently by your sides or on your knees. Close your eyes if you'd like, or gaze down. Take a deep breath in... and slowly breathe out.

Imagine you are standing at the start of a brand-new path. With each breath in, you step forward into something fresh and exciting. With each breath out, you leave behind anything you don't need—old worries, mistakes, or doubts.

Picture a sunrise ahead of you. The sky is glowing with warm colours—gold, pink, and orange. As the sun rises, feel its light shining on your face and filling you with energy. This light is reminding you that every day is a new beginning, a chance to grow, learn, and try again. Stay with this feeling for a few more breaths. Let your body feel light and open, ready for new opportunities.

When you're ready, take one more deep breath, open your eyes gently, and carry this sense of new beginnings with you.



TUNE-IN TUESDAY

mindful breath

Let's tune in



How to do it:

1. Place your right hand on your belly and your left on your chest.
2. Inhale through your nose for 4, exhale for 4.
3. Feel your hands rise and fall. Keep breath soft for 2–3 mins.

Why it helps:

Calms mind and body, helps you reset and focus.

When to try it:

- Before a new activity 🎓
- When feeling overwhelmed 🌀
- After break to settle 🍏



WELLBEING WEDNESDAY

Cat–Cow Flow



Sit tall, feet flat. Round back, tuck chin (Cat). Then arch back, lift chest (Cow). Repeat slowly.

THOUGHTFUL THURSDAY

Gratitude tree



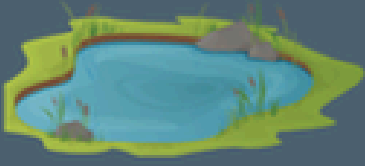
Draw the tree: Start by drawing the trunk & its branches. These represent different areas of your life or things you are grateful for. **Leaves of gratitude:** On each branch, paint, create leaves, or even label things, people or experiences you're grateful for. You can use words, colours, shapes or symbols to represent your feelings of gratitude. **Feel the gratitude:** As you work on your tree, take a moment to reflect on the positive feelings and experiences associated with each leaf.

FLOW FRIDAY

POND

Resting Pose

like floating on a pond



RIVER

Revolved Lunge Pose

twisting like the river



STREAM

Half Wheel Pose

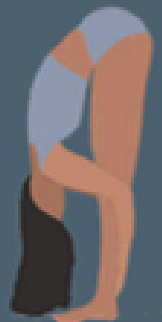
like a gentle stream



WATERFALL

Standing Forward Bend Pose

cascading like a waterfall



LAKE

Downward-Facing Pigeon Pose

tranquil like a lake



BODIES OF WATER



Lie down on your back. Let your legs and arms spread slightly apart, hands and palms facing up towards the sky.



Stand tall, step one foot back. Bend your front knee, place one hand on the ground and the other reaching up to the sky, twisting your body.



Stand tall, place your hands supporting your back, and squeeze the shoulders together as you lift the chest up towards the sky.



From standing, bend your knees until your fingers touch the floor. Start to lift up the hips to straighten the legs. Let the head hang loose. Imagine the water cascading down.



Begin on hands and knees. Slide one knee forward to the wrist of the same side, and extend your other leg back. Lower your hips to the ground. Try to get the front leg in line with the front of the mat, and stretch your arms forward.

