



true equanimity yoga



Mindful Movement and Meditation Journal

Mindful Movement & Meditation

What is Meditation?

- meditation is the gap between thoughts
- the stillness between the breaths
- the stilling of the mind
- to meditate you need to be able to concentrate
- to concentrate you need to draw the senses inwards
- to draw the senses inwards need to stabilise the layers of your being
- to do this we mindfully move the body to balance and relax
- this is why we move before come to sit to meditate

In Dru Meditation we practice:

- Mindful movement practices to come into our bodies and help aid our physical health and well being. (Asana)
- Breathing practices to enhance our energetic life force. (Pranayama)
- Withdrawal of senses. (Pratyahara)
- Concentration practices to focus internally and develop that one-pointed concentration necessary for meditation. (Dharana)
- Mindfulness meditation practices to fine tune our concentration and support us to accept our thoughts and let them pass without becoming distracted. (Dhyana)

The Koshas (layers of our being)

- Annamaya or physical (tangible)
- Pranamaya or subtle (breath, sensations)
- Manomaya or emotion (feelings)
- Vijñanamaya or thought (wisdom, intellect)
- Anandamaya or bliss (unity, connection, oneness)

Chakras (location / element / colour / quality / mantra)

- Mooladhara / Base / Earth / Red / Stability / Lam
- Swadhisthana / Sacral / Water / Orange / Creativity / Vam
- Manipura / Solar Plexus / Fire / Yellow / Purpose / Ram
- Anahata / Heart / Air / Green / Compassion / Yam
- Visuddhi / Throat / Space / Blue / Expression / Ham
- Ajna / Third Eye / Light / Indigo / Insight / Om
- Sahasrara / Crown / Thought / Violet / Connection / Om

Prana Kriya Sequence

Prana (life force)

Kriya (movement to transform)

Vayu (wind)

Sequence to restore flow of prana and rebalance for meditation.

- **Prana Vayu Kriya**
 - In breath / upward energy / chest
 - Absorbtion / consumption
 - "I take in the goodness that surrounds me."
- **Samana Vayu Kriya**
 - 70% / 30% out breath / flows side to side at abdomen
 - Digestion / assimilation
 - "I learn from every experience in life."
- **Udana Vayu Kriya**
 - 70% / 30% out breath / upwards heart/throat and out limbs
 - Expression
 - "I express myself clearly and compassionately."
- **Apana Vayu Kriya**
 - Out breath / downward energy / lower abdomen
 - Elimination / letting go
 - "I let go of what does not serve and nourish me."
- **Vyana Vayu Kriya**
 - Connection / whole body / chakras
 - Energy flows from the centre of the body outwards
 - "I am connected to all that is within and around me."

Meditation to Cultivate Sattva

The Gunas

Yogic philosophy says the material world is made up of the three gunas; tamas, rajas and sattva. These three qualities can be traits or states.

Tamas: depression / lethargy / disinterest / sleep

Rajas: anxiety / action / restlessness / attachment

Sattva: balance / equanimity / tranquility / detachment

The Nadis

Prana flows along pathways called nadis.

Ida Nadi: feminine / left brain / moon

Pingala Nadi: masculine / right brain / sun

Pranayama (breath) practices to cultivate balance include:

- Sama Vritti (equal ratio breath)
- Nadi Sodhana (alternate nostril breath)
 - left nostril inhale is calming
 - right nostril inhale is energising
- Bhramari (humming bee breath)
- Chanting (Om / Om Mani Padme Hum / So Hum / Om Shanti)

Weekly check in

Annamaya Kosha (Physical Layer)

I AM GRATEFUL FOR

AFFIRMATION OR MANTRA:

Pause a couple of times during the day and be aware of your body. Do a scan from head to foot and feel grateful for your body. Practise the meditation, connecting with the earth, to experience stillness and stability within your body. If you get too busy or challenged today, bring your focus back to your body and connect with your breath. Feel your connection to the earth and feel stable and strong like a tree.

I PRACTICED:

I FELT:

To be aware of your body is the beginning of self love. When the mind goes home to the body, the mind and body are established in the here and now.

THICH NHAT HAHN

Weekly check in

Pranamaya Kosha (Energetic Layer)

I AM GRATEFUL FOR

Ask yourself - if I were to meditate right now do I need to emphasise becoming more calm or more alert? Then practice either left or right focused alternate nostril breathing technique for 3 minutes and notice any differences in how you feel.

AFFIRMATION OR MANTRA:

I PRACTICED:

I FELT:



Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment.
I know this is the only moment.

THICH NHAT HAHN

Weekly check in

Manomaya Kosha (Emotional Layer)

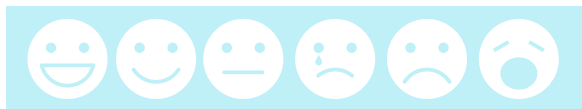
I AM GRATEFUL FOR

Pause a few times and listen to your breath for a few moments. Maybe practice Savitri Breath (7:1:7:1 ratio) focused at the heart centre. Ask your inner wisdom. What can I do now to empower myself or the people around me?

AFFIRMATION OR MANTRA:

I PRACTICED:

I FELT:



If we learn to open our hearts and minds, anyone, including the people who drive us crazy, can be our teacher."

PEMA CHODRON

Weekly check in

Vijnanamaya Kosha (Wisdom Layer)

I AM GRATEFUL FOR

A few times during the day stop whatever you're doing and simply focus on the space around you. Feel into that spaciousness, that expansion. Then spend a few moments sensing spaciousness inside yourself. Now ask your mind to become absolutely still for a few seconds only - no mental activity whatsoever. Write down any insights.

AFFIRMATION OR MANTRA:

I PRACTICED:

I FELT:

The ego seeks to divide and separate.
Spirit seeks to unify and heal

PEMA CHODRON

Weekly check in

Anandamaya Kosha (Bliss Layer)

I AM GRATEFUL FOR

- _____
- _____
- _____

AFFIRMATION OR MANTRA:

Your essential nature is bliss. Through meditation, you can connect to that quiet joy which is at the core of your being. What were the 'aha' moments in your day? Today, reflect on the benefits you've experienced from practicing meditation together for five weeks. Have you noticed any changes in how you are coping with challenges? Are you feeling more joyful? Please write those moments of change to anchor this experience.

I PRACTICED:

- _____
- _____
- _____
- _____

I FELT:



Meditation is our conscious awareness of something vast and infinite within us.
Meditation grants us with peace, light and bliss.

SRI CHIMNOY



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MINDFULNESS MEDITATION DAILY PRACTICE COMMITMENT

I commit to meditate for 10-15 minutes a day.

If, then planning:

I plan to meditate every day.

If I don't meditate then I will meditate instead.

And if that fails then I will meditate instead.

Tip: It can assist to plan ahead and mark out time in your diary or calendar to meditate.

How can I reprioritise to find time to meditate?

(e.g. reduce time on social media/watching TV, getting up 30 minutes earlier, etc.)

To assist me with meditating I will enlist support from the following:

- Family / Friends / Colleagues
- Post a commitment on social media
- Create a space at home to meditate
- Minimise distractions
- Download a meditation app
- Keep a meditation journal

Other:

If I miss a day, a week I won't use this as a reason to discontinue my meditation practice but will pick up daily practice again as soon as possible.

Signed:

Witness:

Date:

Guidelines for a Successful Practice

To optimise mindfulness meditation it helps to understand some of the principles that enable us to remove the blocks which prevent good practice.

- If you do not have the energy to sit still practice relaxation instead.
- Aim to establish a practice that is disciplined but not rigid.
- Meditate (at least for a while) in the same place at the same time.
- Have a set of comfortable clothes you wear for meditation.
- Have a meditation shawl to wrap around you to retain energy.
- Avoid heavy meals before your practice.
- Keep your meditation area clean, tidy and appealing.
- Always begin your meditation sessions with some movement.
- Begin meditation with conscious relaxation either seated or lying down.
- Make an agreement with your ego not to disturb you for this time.
- Use meditation apps and recordings but also develop own practice.
- Consider keeping a journal to record your progress and experiences.
- Be curious, open and receptive.
- Trust your intention and own experience, you are your own teacher.

Watch your thoughts, they become your words.

Watch your words, they become your actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch you character, it becomes your destiny.

Mahatma Gandhi