

THREE MINUTE RMG PRACTICE INSTRUCTIONS

Assume a comfortable posture . . .

Relaxation

Exhale fully Form a lightly clenched fist
Inhale to count of 4 Extend fingers
Hold breath to count of 7 Stretch fingers
Exhale to count of 8 Form a lightly clenched fist
(inhale through your nose,
exhale as if blowing through a straw)

Mindfulness

Lower or close your eyes.
Attend to the sensations of your body sitting.
Rest your attention on the breath as it flows in and out.
On each of the next 10 outbreaths, note the count—from 1 to 10.
When you notice your mind wandering,
gently return attention to the sensations of breathing.

Gratitude

Bring to mind something for which you feel grateful.
Offer an expression of gratitude.
Open this card and write down that for which you are grateful.

Relaxation

The conscious control of the breath is a useful tool for achieving a relaxed, clear state of mind.

~Andrew Weil, MD

Mindfulness

Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.

~ Jon Kabat-Zinn

Gratitude

Gratitude is not only the greatest of virtues, but the parent of all the others.

~Cicero

I am Grateful for ...

Gratitude

at work

at home

in life