

Mindful Movement

Mindfulness can help bring awareness to the present moment with an open and non-judgemental mind. One can center and connect with the land, ancestors, and nature by being present in silence and focusing on each breath. Mindful movement can be a first step in centering in your day.

Healing practices like mindfulness and mindful movement can help reduce the cycles of stress by allowing a more peaceful self to emerge.

What is mindful movement?

Mindful movement is low-intensity, intentional movement that focuses on breath and body awareness. Some examples are yoga, tai chi, traditional dance, and meditative walking.

Benefits of mindful movement

Mindful exercise supports emotional and physical health by:

- Improving muscle strength and posture
- Increasing flexibility and balance
- Reducing anxiety
- Reducing pain, swelling, and tension

Which option is right for you?

Mindful exercise can fit any level of fitness, age, or health condition. One way to begin is by joining a yoga or tai chi class led by a qualified instructor. If classes are not available in your area, try a video by Indigenous instructors. For an example, visit [Native Strength Revolution.org](https://www.nativestrengthrevolution.org).

A pose you can start with is the [Savasana yoga pose](#). Simply lie flat on your back with your arms and legs extended, eyes closed, to reach complete physical and mental relaxation. This practice can lower blood pressure even when practiced for a few minutes daily.

Learn about yoga effectiveness and safety at the National Center for Complementary and Integrative Health website, at <https://www.nccih.nih.gov/>.



Photo by Native Strength Revolution



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Mindful Movement Examples

Meditative walking connects you to your senses and can nourish your relationship with Mother Earth.

A morning walk can bring calm and awareness to your day. Feel your feet as you become grounded with the Earth. Take a few deep breaths.

If your mind is agitated, walk slowly until you are in the moment with each step.



Hatha yoga combines yoga poses with breathing and meditation. Examples of poses are legs-up-the-wall, child's pose, cat-cow, downward-facing dog, and warrior. Poses can be modified.

Yoga is known to reduce stress and help with neck or back pain.

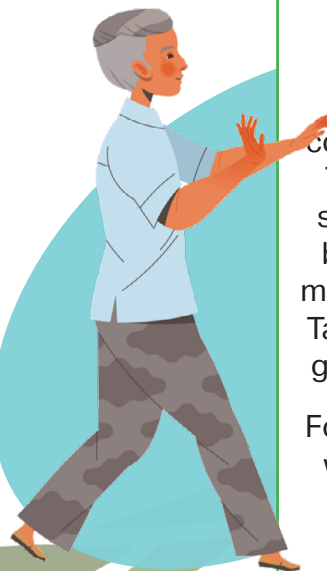


Traditional dance can be mindful movement. When dance calls for you to focus on your body and each movement, connecting you to the moment, the earth, and nature, this can be mindful movement.



Tai chi combines slow, gentle movements and poses with meditation and controlled breathing. Tai chi can reduce stress and improve balance. There are many styles of tai chi. Tai Chi Chih can be a good starting place.

For a demonstration, watch [Tai Chi Chih - Joy Through Movement](#) on YouTube.com.



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