

# 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. Visit [Native Hope](#) or [Healing Breaths](#) for information.

## 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](#).

One way to begin is to practice the [Savasana yoga pose](#) for a few minutes daily. The floor supports this relaxing position. With a relaxed breath, Savasana can lower blood pressure.

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



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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.

<https://nativestrengthrevolution.org>

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.

[Video of the Tai Chi Chih practice](#)



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