**Mindfulness**

**What it is:**Paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Jon Kabat-Zinn  
  
The quality of mind that is awake, aware and knows what’s happening with patience, receptivity and interest or curiosity. Tara Healey  
  
Being with. Dr Zev Schuman-Oliver

**Why we do it:**To be able to approach everyday things with curiosity and savor them, forgive our mistakes, show gratitude and grace, practice compassion, nurture connections, make peace with imperfections, embrace vulnerability and accept and appreciate that things come and go.   
 Elisha Goldstein, Ph.D

**How we do it:**

Formal Practice

Posture

Grounded: feel your feet on the floor, your seat on the seat Dignified: upright spine, strong back Receptive: open heart, soft front. Relaxed: feel your arms falling from your shoulders

Connect with the physical sensation of breath. (or sound) When the mind wanders, bring it back to the physical sensations. Repeat.

Informal Practice

Whatever you are doing, and wherever you are, you can notice if your mind has wandered off on its own and come back to paying attention to anything and everything that is happening right now.

On a walk – let go of planning your day or finishing the argument and really see and hear the environment   
In the shower – feel the water on your skin, the coldness of the floor, the scent of your soap  
Doing the dishes – feel the shape of the dish, notice the color, feel the water temperature  
Eating a meal – take the time to taste your food, feel the textures in your mouth, notice smells  
Talking to friends and family – really listen to *them* without focusing on what you are going to say next

There is a **free 10 minute guided meditation** on www.korabektraining.com/Resources.   
If you need a timer for home practice, you can download one for free at: www.insighttimer.com

Feel free to contact me if you have any questions or concerns about your practice