




Mindful Movement: 3 Simple Techniques

**CONNECT WITH YOUR BODY.
BREATHE WITH INTENTION.**

**FEEL THE MOMENT.
AND LET GO TENSION.**

Hi, Darling! Just a gentle reminder - Mindful movement connects your body, your breath and your mind. Take your time to notice feelings and sensations in body. Each one of these movements offers a gentle pause — a moment just for **you** and your **well-being**.  Here are **3 simple breathing–movement techniques** you can use into your daily routine.

1. CALM YOUR MIND AND RELEASE TENSION.

Gentle Stretch & Breath:


- Sit comfortably on a chair or mat.
- Inhale deeply through your nose, raising your arms overhead.
- Exhale slowly through your mouth as you gently lean to one side, feeling a stretch along your side.
- Hold for 4-5 repetitions on each side - then return to center.
- Keep breathing in the same slow tempo and slide in your warm and comfy bed.

Mindful Focus: Notice the sensation of the stretch and the rhythm of your breath and ease tension.

2. ACTIVATE YOUR BODY AND INCREASE ENERGY.

Energizing Arm Circles:

- Stand with feet shoulder-width apart.
- Inhale and Exhale as you make circles with your arms, gradually increasing breathing tempo.
- Continue for 30 seconds in one direction, then reverse direction. Breathe in and out every time you do movement. That is essential to shift old and create new energy.

 **Disclaimer:** These mindful movement exercises are designed for gentle well-being and relaxation. They are not a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns, medical conditions, injuries, or are pregnant, please consult your healthcare provider or book 1:1 Coaching. Please, listen to your body and move within your own comfort and limits.

Mindful Focus: Synchronize your breath with the movement and feel the energy flow through your arms.

3. 🌙 RELAX THE BODY BEFORE BED AND GET A GOOD SLEEP.

Evening Relaxation Swing before bed.

- Stand and gently swing your arms side to side.
- Inhale for 3 long breaths, raising your arms overhead as you inhale.
- Let your arms slide down naturally as you exhale.
- Slowly get into bed and continue with 7–10 deep breaths, releasing tension with each exhale.

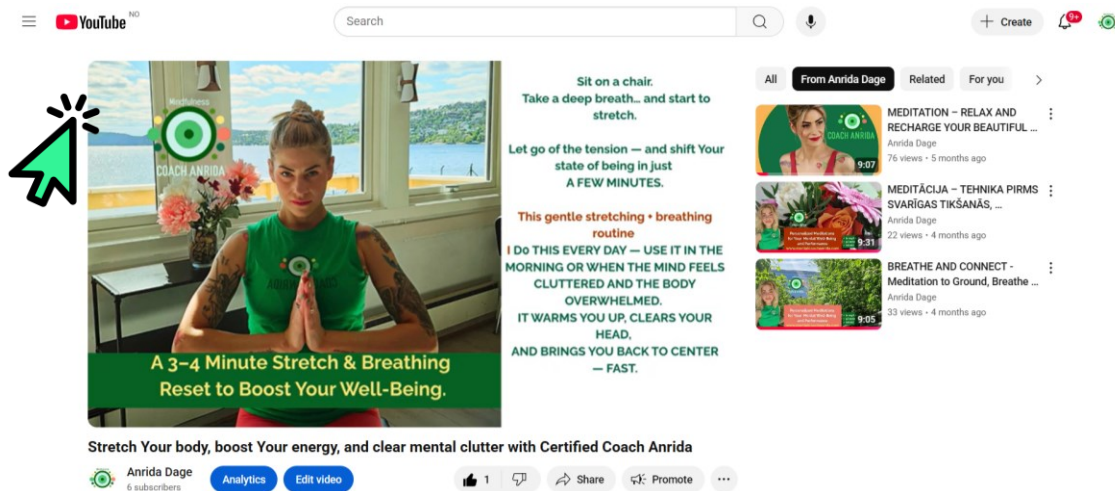
Mindful Focus: Feel your body completely relaxed and let go of the accumulated tension. You're so relaxed. Good Night!

📺 Check this out!

Here's a full stretching routine I do every morning to gently wake up my mind and body.

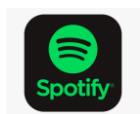
3-4 MINUTES AND YOUR ENERGY LEVEL IS UP AND BODY READY TO ACT!

👉 <https://youtu.be/4aFErBwkZoA>



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And good music also helps to lift the mood too 😊 Check the Spotify or click on the pictures and start to listen.



Stay Mindful!

Warm Hugs, ANRIDA 😊

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