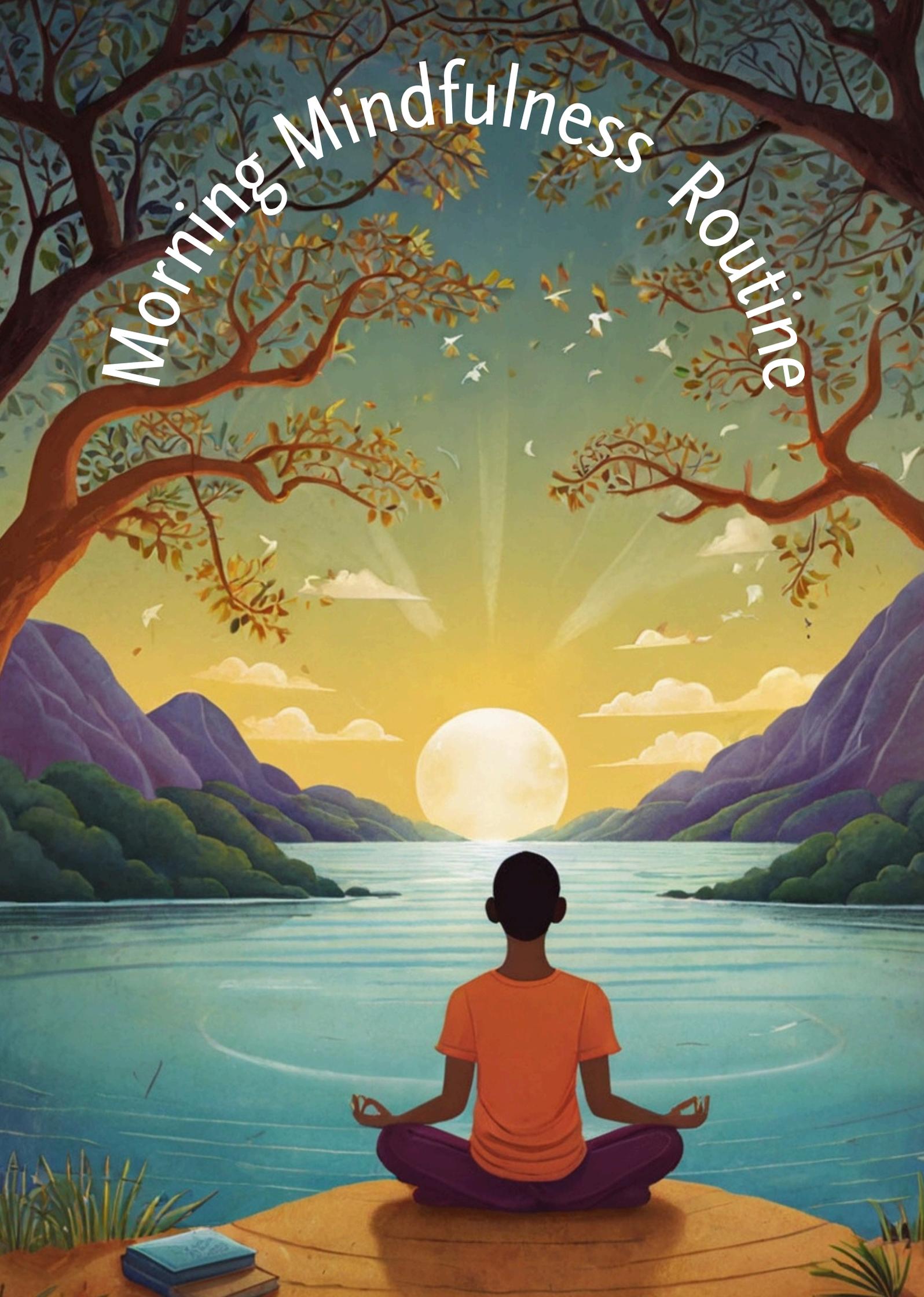


Morning Mindfulness Routine



Morning Mindfulness Routine

Begin each day with clarity and calm using this simple, step-by-step mindfulness practice. Spend approximately 20-25 minutes to center your mind and set positive intentions for the day ahead.

Detailed Routine:

1. Centering (2 minutes)

Find a comfortable seated position. Close your eyes and bring your awareness to the natural rhythm of your breath.

2. Gentle Stretching (3 minutes)

Slowly roll your shoulders, stretch your neck side-to-side, and gently arch your spine to release tension.

3. Breath Awareness (5 minutes)

Place one hand on your abdomen. Inhale deeply through your nose, feeling your belly expand, then exhale fully through your mouth.

4. Body Scan (5 minutes)

Starting at your toes and moving upward, notice any areas of tension or discomfort. Breathe into those spots and allow them to soften.

5. Gratitude Reflection (3 minutes)

Silently name three things you're grateful for today—people, moments, or qualities that bring you joy.

6. Intention Setting (2 minutes)

Formulate a simple intention or affirmation to guide your day, such as "I move through today with kindness."

7. Mindful Sip (2 minutes)

Prepare a warm beverage if you like. Sip slowly, noticing the flavor, temperature, and sensation in each moment.

Tips for Success:

- Practice in a quiet space free from distractions.
- Wear comfortable clothing to stay relaxed.
- Use a timer to maintain awareness of each segment.
- Be patient and kind to yourself—mindfulness deepens over time.