

mental habits; the transition from automatic reactive modes to an attended, considered response. Examining habits in a kind way, means we can give due consideration to whether we wish to keep these habits or let them go.

Attention can be brought to any movement, no matter how big or small. Movements unfold over time with each portion of the movement having a distinct set of sensory consequences at any given 'now' moment. Therefore, attending to the changing sensations as you move is a sure-fire way to ensure you are right here, right now. Attending to this constantly updated sensory information seems to be a particularly helpful way for those with very busy minds or who practice in highly distracting environments to be present. You can also pay attention to the intention to move. This training is particularly powerful as intentions underlie the majority of our thoughts, speech and action in the world. Training with the more obvious movement related sensations supports and develops our ability to engage with the more slippery and abstract mental sensations.

Present Moment

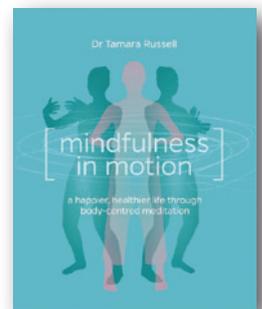
Novel movements evoke a type of mindful

state. We have to set a deliberate intention to learn the movement and maintain our motivation to attend to the task. We often go slowly in order to see the detail of a new movement, checking the angles, the speed, the posture. We learn new movements best under conditions of non-judgment and non-striving although this element can sometimes be lacking. Learning a new movement mindfully can give a real glimpse of what it means to be in a present moment state, and manage states of mind-wandering in a different way. During the learning process there are opportunities to meet the mental monkeys that come out when we are challenged or things are not the way we want. What states of mind can you observe when you realise you are not 'getting' the movement? Often the judging and comparing monkeys come out and if so...great! Get to know them, be familiar with them, know their signature in the mind. For sure, these monkeys come out at other times in your life and getting to know them means spotting them earlier and then choosing to engage with them (or not).

Mindful movement is a great way to train body and mind together. If you haven't got time to go to the gym and to a mindfulness class then why not combine the two

together? You have a great workout or stretch for the body whilst at the same time training the mind and learning more about yourself. The trick is to very intentionally decide to do the movement in a mindful way – paying attention, moment by moment, without judging. Remembering to do this can be a challenge but in *Mindfulness in Motion*, a process is offered to get you started and experimenting with how mindful movement might be your route to a happier and healthier life, combining neuroscientific understanding with practice exercises and real-world experiments. Integrate mindfulness into every move you make to ensure you are present for your life and continually developing self-awareness and emotional intelligence.

Mindfulness in Motion: a happier, healthier life through body-centred meditation by Dr Tamara Russell (drtamararussell.com), Watkins Publishing, £12.99, Available to buy online and from all good bookshops.



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