



Mindful Tradition

# Be <sup>A</sup> Mountain

JUST BREATH AND TRY SOME OF THESE.

- Stand tall with the feet hip width distance apart, arms by the sides, and shoulders relaxed and down the back body.

- With the eyes opened or closed imagine you are a mountain rising out of the ocean. Your head is the top of the mountain, and feel yourself getting taller as the top of the head lifts towards the sky

- Notice any worries you may have, imagine them as tiny waves splashing against the base of your strong and tall mountain.

- Taking a deep breath in through the nose and lift your arms up over your head making your mountain taller. Extend the fingertips out, staying here as solid as a mountain. Modification option here to keep the arms extended out at either side with the finer tips extended out. \*Be aware not to overextend the elbows here and always keep a micro bend in all joints to avoid long-term damage to the body.

- Take a deep breath in through the nose and blow out through the mouth imaging that you are blowing those worries far away into the ocean. Do this until all the worries are gone and what's left is calm waters around the base of your mountain and as far as you can see.

- Remain in your strong mountain in calm waters as long as you need to until you feel strong and calm in your heart.

- When you are ready lower your arms, take a deep breath in and out of your nose, and continue on with your day, knowing that you are as strong as a mountain.

