The Mindful Movements are designed to be accessible to as many people as possible. Far from being another exercise program, Mindful Movements is for all those wanting to add a gentle but physical element to their meditation practice. They can be practiced before or after sitting meditation, at home, or at work - any time you have a few minutes to refresh your body and quiet your mind. For those new to meditation they are a great, non-threatening way to get acquainted with mindfulness as a complete and multi-faceted practice. For those who already have an established sitting practice Mindful Mov... Here are 22 mindfulness exercises for adults and practitioners. This is a great introductory exercise for beginners to start practicing mindfulness since it can be attempted by anyone with any kind of food (although one with an interesting or unusual texture, smell, or taste is best). In this exercise, the facilitator provides participants with a few raisins and asks that they pretend they have never seen a raisin before. About For Books Mindful Movements: Mindfulness Exercises Developed by Thich Nhat Hanh and the. kebiso2301. 0:31. [Read More] Mindful Movements: Mindfulness Exercises Developed by Thich Nhat Hanh and the. gelynnogyj. 0:34. Expecting Mindfully: Nourish Your Emotional Well-Being and Prevent Depression during Pregnancy. zirohxuw. 0:35. The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being Complete. dedayifene. 0:33. Full version The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being For.