

MODULE 4 EXERCISE - MINDFULNESS



Examples of Mindfulness Exercises

- Fruit exercise
- Sitting in the park or the forest exercise
- Petting the cat or dog exercise
- Walking exercise
- Breathing exercise
- Body part exercise



Steps for the Feet Exercise

- Find a quite place
- Make sure you time to do this without interruption
- Sit in a chair
- Breath and relax
- Start focusing on the feet



