



## Mindful Stretching

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With this technique, we will show you how to be **mindful of the sensations in your body while stretching**.

Simply do the following:

1. *Pick a stretching move that works for you in the current moment.*

For example, stretching your arms over your head, rolling your head, moving it from side to side, stretching your hands back towards your forearms, flexing your feet, etc.

2. *While you stretch, be mindful of the sensations you feel in your body.*

Focus all of your attention on your sensations. These might be tingling, tension, warmth, numbness, etc.

3. *When you let go of the stretch, notice what changes in these muscle groups.*

Observe how they felt in the beginning and now, when you are finished with the stretch.

Feel free to repeat this as many times as you like. If a certain stretch feels too uncomfortable, you can try a different one, or maybe explore new ones.

**You are remaining mindful of your body sensations and getting to know your body** at the same time.