

Mindfulness Journey

Pat McKeague



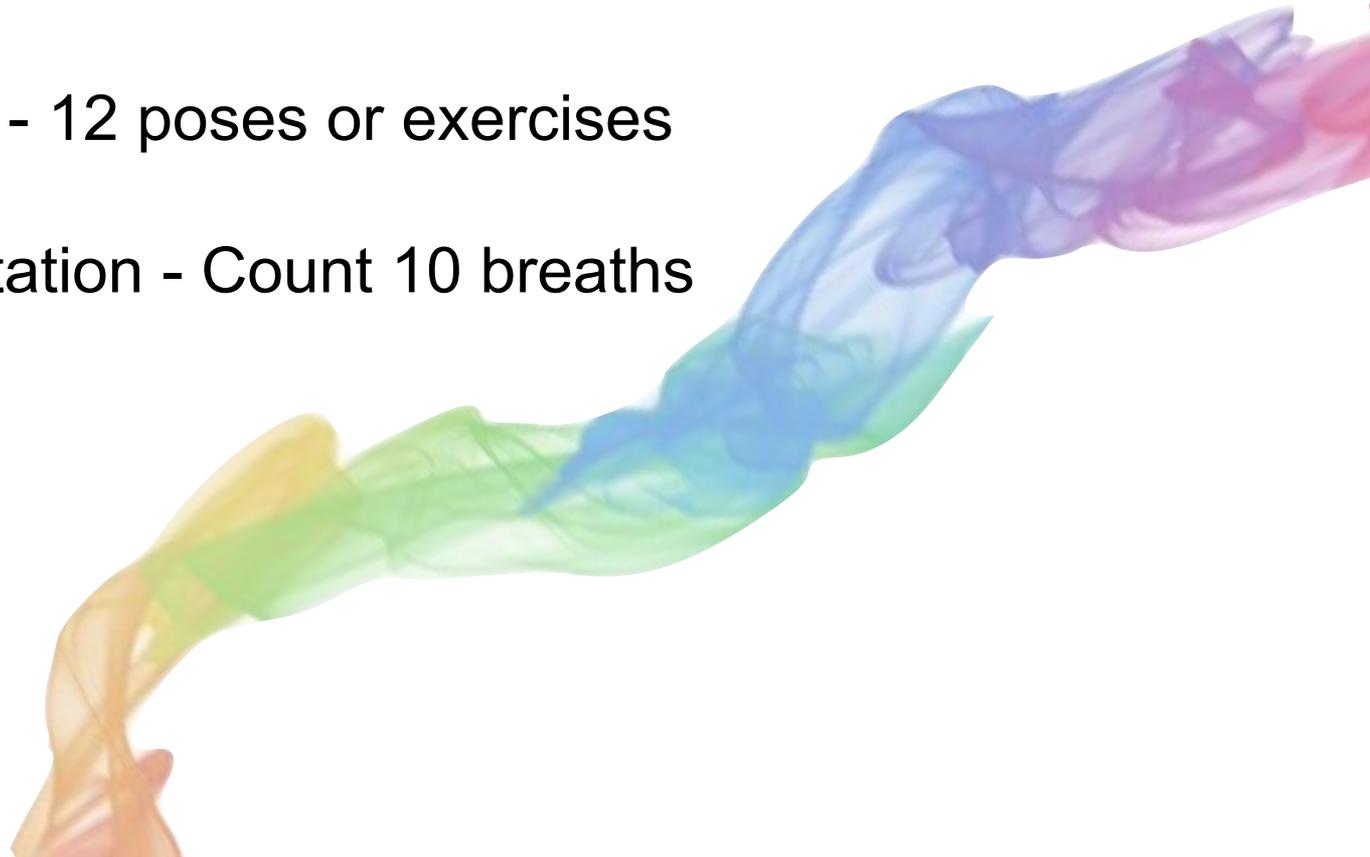
Morning Routine (20 minutes)

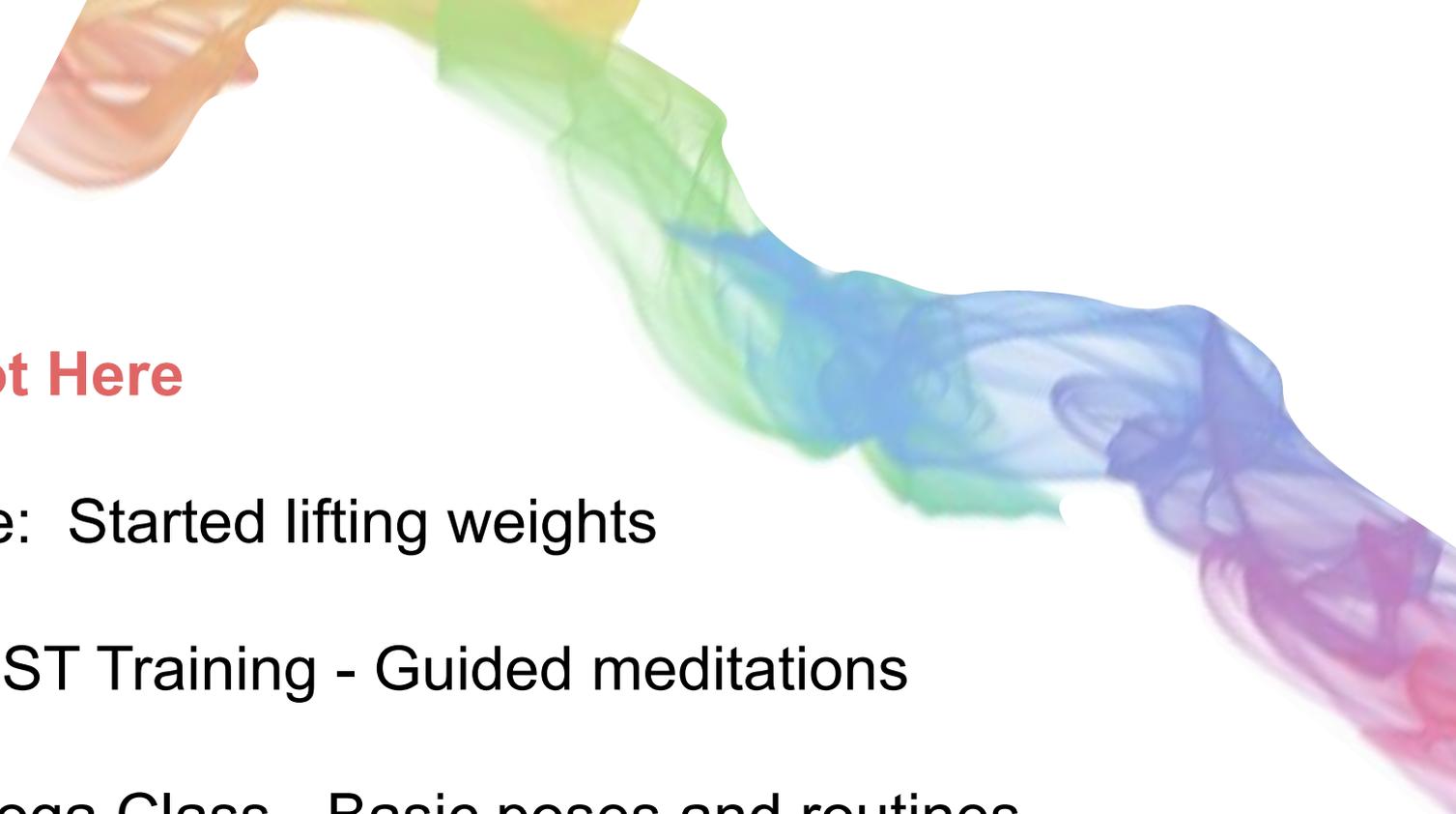
Light weights - 8 exercises

Elastic bands - 8 exercises

Yoga - 12 poses or exercises

Meditation - Count 10 breaths





How I Got Here

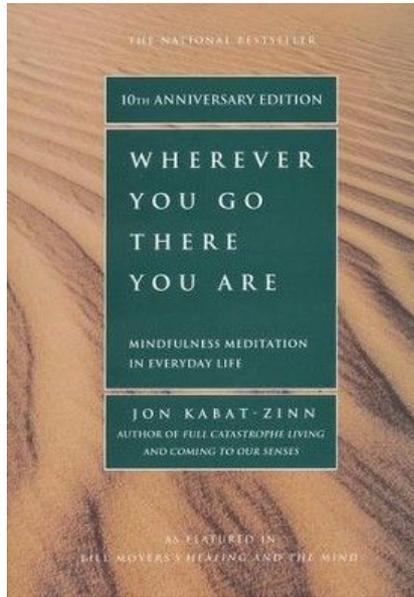
6th Grade: Started lifting weights

1970s: EST Training - Guided meditations

1980s: Yoga Class - Basic poses and routines

1990s: Joined IONS - Wherever You Go There You Are

2000s: Rotator Cuff Injuries - Elastic bands for rehab



Page 29: If you do decide to start meditating, there's no reason to tell other people about it, or talk about why you are doing it or what it's doing for you. In fact, there is no better way to waste your energy and enthusiasm for practice and thwart your efforts so they will be unable to gather momentum. Best to meditate without advertising it.



Page 4: Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

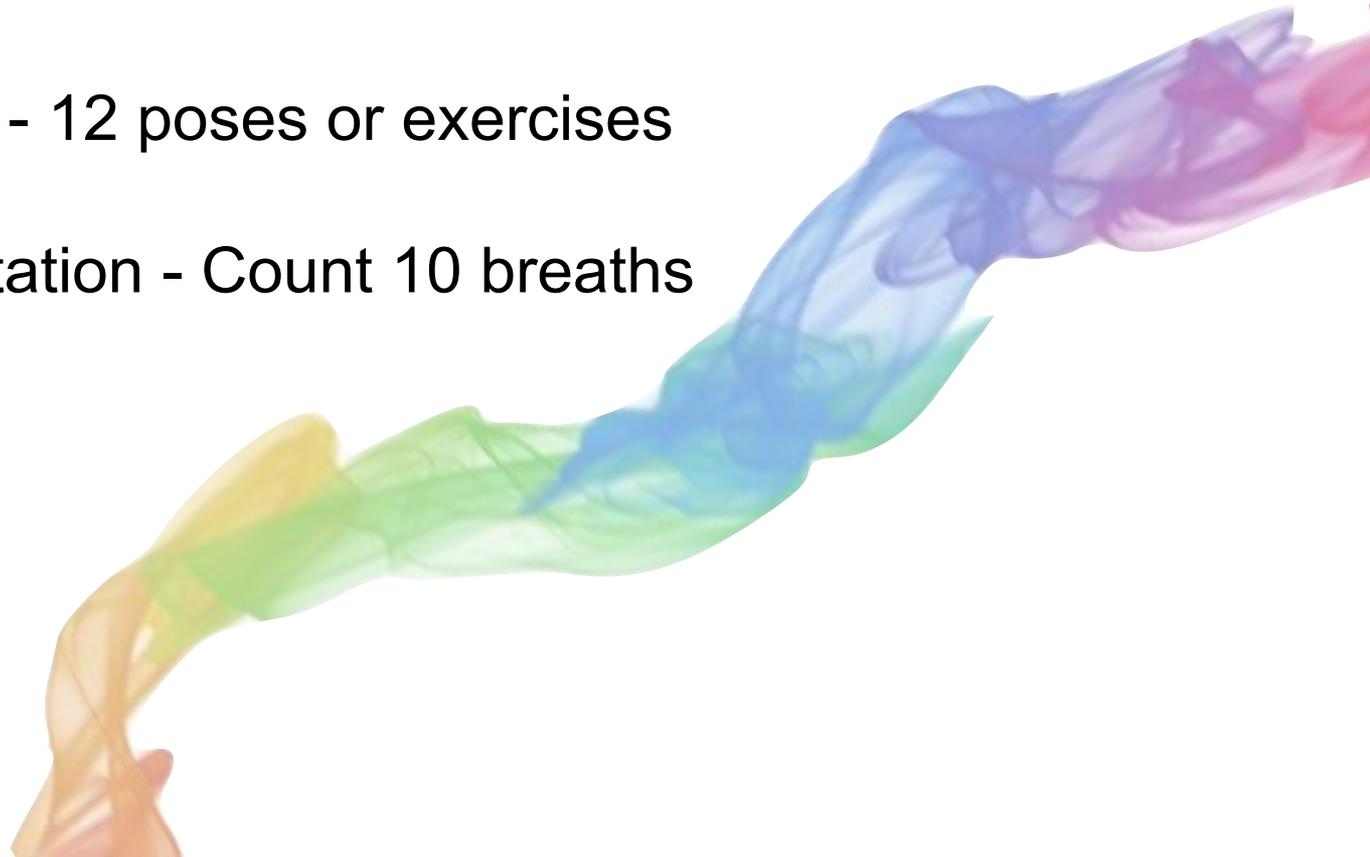
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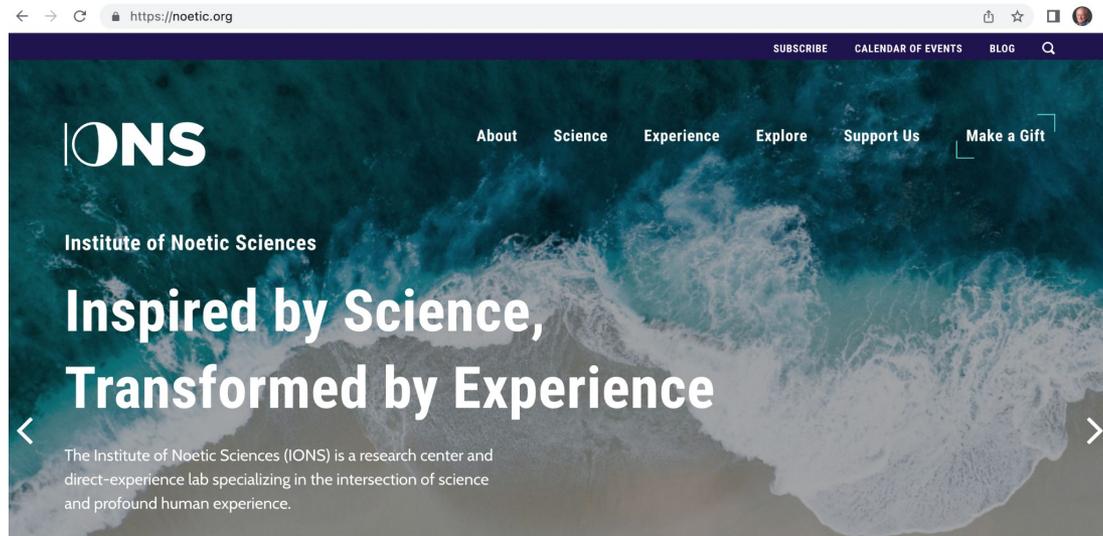
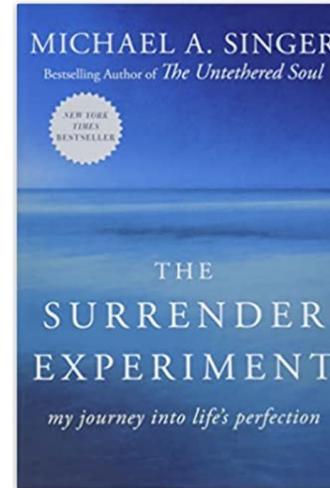
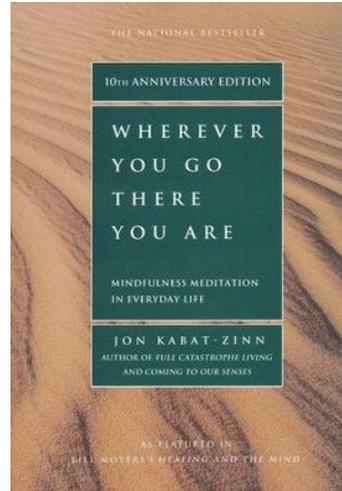
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Recommendations



The End

