



Mindfulness Matters: Free on Demand Series

Session 2: Sensations



*With
Lily Parkinson*



Mindfulness – The relationship between the breath and the body

- Introduction to me
- Recap on what mindfulness is
- Mindfulness in the body
- Importance of 'embodiment'
- Guided practice
- Takeaway practices



About me

- Holistic and Intuitive Coach
- NLP & EFT Practitioner
- Diploma in Cognitive Behavioural Therapy
- Registered Nutritional Therapist
- Reiki Practitioner



What is mindfulness?

- Moment-to-moment awareness
- Being able to be fully present and having complete awareness of your thoughts, emotions and experiences
- Having them without judgement, reactivity or overwhelm
- Mindfulness is a state and not a trait
- It's simple but it's also a practice



Mindfulness in the body

- Many of us are disconnected to the body
- We take the body for granted
- The body is always in the present moment – the mind is not.
- The body grounds us



The importance of embodiment

- The body experiences through feeling, not thoughts
- When we become mindful and aware, we can listen to the body - when we are unmindful, we begin to ignore these cues
- We can experience a sense of peace, of joy, away from thoughts
- Thoughts and trauma can be toxic to our bodies



Guided Practice

The awareness of bodily sensations



Practice exercises

1. Breath
2. Pulse and heartbeat
3. Body Scan



Let's connect!



Lily Parkinson

-Founder of Umiani

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