

Brain Training Reflection

Mindful meditation/moving meditation/mindfulness activities

1. What did you do?

Qigong for about 30 minutes. First time trying it. It was a good experience.

<https://www.youtube.com/watch?v=IyINAjEoTIs>

Please describe your experience

2. How did you feel before and after?

Describe what you noticed

<i>Physical body before: a tad bit tired</i>
<i>Physical body after: a little more tired</i>
<i>Emotions before: normal, nothing really just midline</i>
<i>Emotions after: calm</i>

3. Did you have expectations for how you thought this should go? Be honest, it is through this reflection that we start to see our patterns and can then focus on what serves us and let go of what does not.

I was not planning on gaining anything from this experience. However with this being said I did gain a little bit throughout this experience. I probably would not do this experience again.

4. Would you do this again? Did you connect.... Why or why not?

I would most likely not do this activity again due to there being better options for me to do. I do not feel that I connected with this activity due to me not really gaining much peace or body fixation while participating with this.