

Brain Training Reflection

Mindful meditation/moving meditation/mindfulness activities

1. What did you do?

I decided to do Tai Chi. It was an okay experience. I followed this <https://youtu.be/XhNvdxbi-Jc?si=R5-YBcJyR8yBM8LV>

2. How did you feel before and after?

Describe what you noticed

<i>Physical body before: A tad bit tense</i>
<i>Physical body after: loose</i>
<i>Emotions before: stressed, and controlled</i>
<i>Emotions after: free and mindful</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 had a high hope for this activity due to my mom participating in this. I didn't think it wouldn't do anything but I wasn't extremely confident.

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

I would do this again because I had a good experience overall. I do feel I gained a connection with this activity because it helped me calm down and let my mind and body feel free.