

Brain Training Reflection

Mindful meditation/moving meditation/mindfulness activities

1. What did you do?

I decided to do yoga. I believe that this experience was very helpful and I would like to bring this into my daily routine. Overall the experience was peaceful and helped me clear my stress and mind.

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: less tense, loose and peaceful</i>
<i>Emotions before: stressed, a little worked up, and a bit overwhelmed</i>
<i>Emotions after: more clear, less of a flame burning over my head, was able to focus.</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 an expectation of 'this will not help' when I first decided to do this concept. however this completely helped me clear my mind and my head once I decided to give it a shot and to follow the routine. I followed this video : https://youtu.be/sTANio_2E0Q?si=7cBd9sQ6WpjBVE02 . Overall it was a good experience and I would be more than willing to do this again in the future.

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

I would do this activity again. I had a good experience and this felt good to do. I did not connect as of now however I think I was a little on edge and I think that if I continue to use this method I will gain a connection. Overall I enjoyed doing this and saw a slight change in my demeanor.