

Brain Training Reflection

Mindful meditation/moving meditation/mindfulness activities

1. What did you do?

I meditated following a youtube video.

<https://youtu.be/z0GtmPnqAd8?si=u0ojPUvGeh2ht21o>

15 minute video

2. How did you feel before and after?

Describe what you noticed

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| <i>Physical body before: A bit sore and tired</i> |
| <i>Physical body after: still sore but a tad more energy</i> |
| <i>Emotions before: stressed and tired</i> |
| <i>Emotions after: less stressed still tired</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 wasn't expecting this to help much. I honestly thought that this was a bit of a joke. I thought I was just gonna do this for the assignment and that's all and I would not gain any benefit from this.

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

I would do this again however, I would prefer yoga over meditation. I didn't get as great of an effect as I would looking for. I did not get a connection from this due to the lack of body movement however it was relaxing on the body due to the non movement.