

29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

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Mahasati (hand moving) and mindfulness yoga for stress and anxiety release

Kessuda Boonngamanong

Yosuda: Mindfulness-Based Yoga and Enneagram, USA

Mindfulness practice helps us to recognize and be aware of the relationship between thinking and feeling. It reduces stress and anxiety by cultivating awareness- even in difficult moments. Mindfulness is an activity that we can practice all day long. Our ability to be aware of our mind and body can support Mindfulness during all waking hours. We simply need to be aware by training our mind to come back to the body. With training, we can notice when our mind is becoming distracted and that we simply need to bring it back to the body again and again. Regardless of what we are doing, the best way to live is in the present. Many people find it difficult to practice formal sitting meditation. This workshop will provide informal techniques from yoga and Mahasati (Thai mindfulness hand moving meditation). Participants will learn to be a witness (pay attention) – to recognize our thoughts, feelings, sensations and actions. Slow down, pause, pay attention to what we are doing, and bring the mind to follow body movement and sensations such as watching, listening, eating, tasting, touching, etc. Stop automatic and habitual reactions – recognize, allow, feel and let go of them. See things as they really are without judgment or self-criticism see situations more clearly. Participants will leave the workshop with: a simple tool to practice mindfulness in a formal and informal way to strengthen the ability to focus on being in the present moment. Gain experience in learning to relax the mind and body.

yosudabliss@gmail.com