

Top Tips.

Mindfulness.

In Eastern Philosophy a strong 'chi' makes you alive, alert, and present in your mind, body and soul. A weak chi results in sluggishness and fatigue, therefore preventing you from reaching full wellbeing. 'Chi' (pronounced 'chee') means energy or life force.

The Philosophy

The philosophy of mindfulness is not just awareness, but being consciously aware. You must focus all your senses on one thing and notice it.

For example, have you ever been aware of your window? Have you noticed all the lines in the wood; have you noticed the shimmer in the glass from the sunlight? Have you been aware of how your feet feel against your shoe or your sock, or how the back of your thighs feel against the chair?

You have now because you have moved your attention and focus.

Developing your Chi

The practice of mindfulness is about harnessing and developing the energy and life force inside us. Developing your chi is thought to overcome illness, help you become more vibrant and enhance your mental capacity.

This principle requires you to block out all the background noise and to have the ability to have clarity of thought and focus. Mindfulness is a state of being aware of the present moment, being conscious and paying attention.

Body Scanning

Here is one to try! This activity requires mental and physical focus. Why not play some gentle, soothing music to aid the session?

You will begin your body scan at your toes and move all the way up to your head. The activity requires a combination of breathing and focused 'sensing', 'tensing' and 'relaxing.' This will be implemented over a four count inhale and four count exhale.

You will begin by sensing your toes for two breaths. How do they feel? Next, on the third breath squeeze and tense your toes. On the fourth and final breath relax the toes.

Continue this exercise all the way up the body.