



## EXPERIENTIAL ACTIVITIES

1



30 Minutes



All Ages



Newcomer Friendly

### Overview:



Movement

Activities like yoga, labyrinths, and mandalas are designed to help focus and calm the mind and body. Explore what happens in your mind and your body when you try simple yoga poses or use a finger labyrinth.

### Materials & Set Up:

You need a device and internet access for viewing linked webpages. You may want to print the queries, labyrinths, and/or mandalas in the instructions tab.

Yoga: comfortable clothes, mat and/or chair

Labyrinths: materials to build labyrinths with might include leaves, sticks, bricks, or pencils, legos, and paper clips

Finger Labyrinths: paper

Mandalas: paper, art materials



**Yoga can help the practitioner settle their mind and body, and open to the Inner Guide.**

**Instructions:**

Wear comfortable clothes.

A mat can make your floor practice more comfortable.

Chair yoga is for those with limited mobility or beginners.

**Read to learn about yoga before you begin.**

Printable Beginner's Guide to Yoga - <http://bit.ly/BeginnersGuideYoga>

Website - [YogaBasics.com](http://YogaBasics.com)

**Websites to practice one pose at a time.**

Website Chair Yoga Poses - <http://bit.ly/ChairPosesYoga>

Website Essential Yoga Poses for Beginners - <http://bit.ly/EssentialYogaBegin>

Kids Parents Magazine Website Yoga for Kids - <http://bit.ly/KidYogaStuff>

**Practice along with a video.**

Video Top Yoga Poses for Beginners (very basic, 10 minutes)

<http://bit.ly/Yoga4BeginnerPoses>

Video Chair Yoga for Everyone (basic, 20 minutes)

<http://bit.ly/YogaforSeniorsChairs>

Video Yoga with Modifications for Bigger Bodies and Limited Mobility

<http://bit.ly/PlusSizeYoga>

Video Yoga for Self-Love (novice, 8 minutes)

<http://bit.ly/SelfLoveYoga8Minutes>

Video Slow Yoga Flow (novice, 30 minutes)

<http://bit.ly/SlowYogaFlow>

Kids Video Kids Yoga

<http://bit.ly/20MinuteKidsYoga>





# Yoga for your mind

Besides helping out your stressed mind, what other benefits do these 10 yoga poses provide?



### Child's Pose (Balasana)

- gently stretches the hips, thighs, and ankles
- relieves back and neck pain when done with head and torso supported



### Bridge Pose (Setu Bandha Sarvangasana)

- calms the brain and helps alleviate stress and mild depression
- rejuvenates tired legs



### Standing Forward Bend (Uttanasana)

- therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis
- relieves headache and insomnia



### Eagle Pose (Garudhasana)

- stretches the thighs, hips, shoulders, and upper back
- improves sense of balance



### Corpse Pose (Savasana)

- relaxes the body
- helps to lower blood pressure



### Extended Triangle Pose (Uttitha Trikonasana)

- therapeutic for anxiety, fear, infertility, neck pain, osteoporosis, and scoliosis
- improves digestion



### Legs-Up-The-Wall Pose (Viparita Karani)

- relieves tired or cramped legs and feet
- relieves mild headache



### Cat Pose (Marjaryasana)

- stretches the back torso and neck
- provides a gentle massage to the spine and belly organs



### Puppy Pose (Uttana Shishosana)

- stretches the spine and shoulders
- helps calm stress



### Dolphin Pose

- helps relieve the symptoms of menopause
- helps prevent osteoporosis

Help yourself to some yoga therapy!

Source: [www.yogajournal.com](http://www.yogajournal.com)  
The 10 Best Yoga Poses For Stress Relief by Kristen Singen

Image by iStock.com

[www.WomenWhoRunIt.com/Ultimate](http://www.WomenWhoRunIt.com/Ultimate)



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getting started: movement

mindful  
www.mindful.org

### Mindful Yoga

Here's a series of single postures and movements you can use as part of a sitting meditation session—or anytime.

By Cynél Lee



**HAND WALKING MEDITATION** Place right hand on the floor. Then, lift hand on the floor, walk the right hand a little bit forward. Then the left hand.



**FINDING BALANCE ON ALL FOURS** Take your time and notice how your weight shifts onto your hands as you move forward. Move around. Shift weight to the right hand and right knee, then to the left, forward and back. Slowly settle into equal weight on all fours.



**COW POSE** On an inhaled breath, lift up your seat and your chest, while you simultaneously drop your spine toward the earth and into your belly.



**CAT POSE** Exhale, reversing this curve. Lift your waist, drop your head and tail.

Repeat 3 & 4, moving with the breath, 5-10 times. Go slowly and try to feel every part of your spine as it curves one way and rounds the other way.



**STANDING UP** Step back your right hand, then step back your left hand, and then shift onto your feet and stand up. As always, as your attention drops, come back to attending to the physical sensations.



**SHOULDER ROTATIONS** Extend your arms out to the side. Inhale and roll your arms as your palms face up. Exhale and roll arms in, palms back. Begin this action from the shoulders, letting your pinky fingers be the last part to roll up and down.



**SIDE BENDS** Inhale arms up. Exhale, bend to the right. Inhale up and exhale bend to the left. Pay attention to the movement from side to side, as well as the position of your head.



**CHAIR POSE** Inhale arms up and bend your knees into a chair pose—two movements at the same time!

In your mind still in your body? In the room? Gently let it come back.



**LEG BENDS** As you exhale, stand up on your left leg, right leg bent. Return to chair pose and repeat on the other side. Go right and left, 5-10 times.



**STAND QUIETLY** Remain still, keeping your eyes open, notice what you are seeing. Ground yourself in your environment. Feel your feet on the floor. Observe your breath moving.

You can repeat this entire sequence. Feel free to do it as often as you like.



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# Chest opening YOGA POSES

Luscious  
LIFTS





**MOST EFFECTIVE  
YOGA POSES**  
that You Can Do at  
your  
**DESK OR OFFICE**

**CHAIR RAISED HAND POSE**



**CHAIR PIGEON POSE**



**SEATED TWIST**



**WRIST AND FINGER STRETCH**



**SIT AND STAND CHAIR POSE**



**SEATED CRESCENT MOON POSE**



**COW FACE ARMS**



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[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)





### Carl Dawson's Chair Yoga





## Yoga Poses for Kids

<p style="text-align: center;">Bridge Pose</p>  <p style="text-align: center;"><small>Source: HealthMagazine.com</small></p>	<p style="text-align: center;">Salutation Seal</p>  <p style="text-align: center;"><small>Source: PratyakshaYoga.com</small></p>	<p style="text-align: center;">Candle Pose</p>  <p style="text-align: center;"><small>Source: 101yogaposes.com</small></p>
<p style="text-align: center;">Mountain Pose</p>  <p style="text-align: center;"><small>Source: TheYogiBlog.com</small></p>	<p style="text-align: center;">Tree Pose</p>  <p style="text-align: center;"><small>Source: www.yogajournal.com</small></p>	<p style="text-align: center;">Warrior II Pose</p>  <p style="text-align: center;"><small>Source: YogaJournal.com</small></p>
<p style="text-align: center;">Sunrise Pose</p>  <p style="text-align: center;"><small>Source: yoga4kids.com</small></p>	<p style="text-align: center;">Rainbow Pose</p>  <p style="text-align: center;"><small>Source: yoga4kids.com</small></p>	<p style="text-align: center;">Navasana Pose</p>  <p style="text-align: center;"><small>Source: yoga4kids.com</small></p>

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**Labyrinths**—maze-like formations with single, unhindered paths that lead to and from the center—have been used as spiritual tools throughout millennia and across traditions. As humanity entered a new season of awakening over the past few decades, the labyrinth has experienced a resurgence in popularity, becoming a well-known spiritual practice and commonly used tool for the journey.

In *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*, author and labyrinth educator Lauren Artress describes both why the labyrinth has grown in popularity and how it can be engaged as a spiritual practice and used as a tool on our own spiritual journeys:

[The labyrinth] is a tool to guide healing, deepen self-knowledge, and empower creativity. Walking the labyrinth clears the mind and gives insight into the spiritual journey. It urges action. It calms people in the throes of transitions. It helps them see their lives in the context of a path, a pilgrimage. They realize that they are not human beings on a spiritual path but spiritual beings on a human path.

To me, walking the labyrinth is a ritual—a way to enact meaning. It is an embodied meditation engaged in hopes that it will offer rest, renewal, and reveal the stirrings of the soul. It is also a metaphor not unlike pilgrimage—an exterior journey that mirrors an interior one. Like our own journeys, the path of the labyrinth is winding, and, at a glance, it's hard to determine where the path will lead you next. One thing, however, is certain, both with the labyrinth and in life: If you follow the path, whether it is a path of stone or the path of your soul, you will ultimately be led to the center—the place where the true self and Divine meet.

Walking the labyrinth is a spiritual practice that is open to all and offers countless gifts to those who are either longing or ready to both release and receive. However, while The Labyrinth Society's World-Wide Labyrinth Locator serves as an excellent tool for finding labyrinths to walk nearby (or even while on vacation—what a neat tradition it would be to seek one out in each destination), there are still many locations that don't have access to labyrinths.

For those without a labyrinth nearby, or even those who want to have the experience of making their own labyrinth (a meditative



practice within itself), here are a few ways to do ways to do so, below. While Lauren Artress has her own list of elements she considers essential to a labyrinth experience, my list of essentials are just three: that the practice involve movement, whether by finger or foot; that the path is winding, both as a metaphor and a meditative tool; and that there is a distinct center—a place to pause and reflect so that you might return down the same path in a new light.

### 3 WAYS TO MAKE YOUR OWN LABYRINTH:

1. **Draw a labyrinth.** You can do this on paper, using it as a finger labyrinth, or if you live by the beach you can draw a larger one in the sand to walk, leaving it there as an invitation to the curious passerby. Here are some good tutorials—simple or complex!
2. **Make a spiral labyrinth out of fallen leaves.** I love the inversions that this practice invites: raking leaves—often considered a chore—becomes a meditation, and walking the labyrinth—most often seen as a meditation—can also become play.
3. **Turn a neighborhood walk into your own labyrinth path.** Just be sure to incorporate a few turns and a peaceful destination that can act as the labyrinth's center, inviting you to pause for a moment before returning down the same path.

### GO FURTHER...

Walk a labyrinth—whether one nearby or of your own making—and see where the practice takes you. Your experience will be just as unique as you are, and that's something to be celebrated, because the Divine speaks to us precisely in our uniqueness.

<https://www.asacredjourney.net/make-your-own-labyrinth/>



**Mandalas:** print and color mandalas - <https://colormandala.com/>

**Guided Meditation:** - <http://bit.ly/GUIDEDMEDITATE>

**Follow-up with a discussion or worship share with one or more of these queries:**

How did this activity help me understand silence and expectant waiting in a new way?

How do I listen for God?

What happens in the silence?

What is expectant waiting?

What is prayer?

What is meditation?

What is Meeting for Worship?

How are these practices the same? How are they different?

How can I prepare my heart and mind for worship?

How can I keep the Light present in my worship?

How can I use silence outside of Meeting for Worship?

How do I seek the Light within me, to guide me toward what is right, honest, and loving?