

MOVE + MIND

Strengthen your Mind with this Pinwheel Breathing Exercise + Special Star Body Scan Meditation

Aroma-Pinwheel Breathing



1. Place a dab of an essential oil on one wrist (lavender works well)
2. Hold a pinwheel in the other hand.
3. Inhale sniff your wrist
4. Exhale blow your pinwheel

Special Star Meditation



x Susan Kaiser Greenalnd

Sit or lie down comfortably with your eyes closed. Breathe naturally, noticing how it feels to breathe in and out.

Guided Visualization

Imagine that there is a star in the sky just for you. It can look like anything at all- it can be any color, made out of any material and it may change from moment to moment and day to day, just as everything changes. Sometimes large and sometimes small, sometimes bright and sometimes dim, your star is always there.

Let's feel the warmth of the star on different parts of our bodies! As the starlight shines on your forehead, feel your forehead relax, and all of the stress strain of the day fade away. Then imagine that the starlight shines on your shoulders...your arms...your hands...your chest...your belly...your lower back...your legs...your ankles...and your feet. And finally, imagine your whole body resting in the warmth of the starlight.

When you're ready, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe out.

Talking points: What was it like to imagine your special star shining light on you?

Art Project: Draw your Special Star Meditation