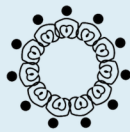


Mindful Heart



Move, Feel, and Tune In

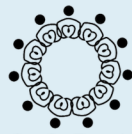


Mindful Heart



What You'll Need!

- **A favorite song**
- **A space to move – Big or small, wherever you feel comfortable.**
- **A partner (optional) – Someone to share the experience with!**



Mindful Heart



This is an invitation to move your body in any way that feels good to you!

Play a favorite song and let your movements match the rhythm.

You can go big or small, stay in your chair or move around the space.

Dance, stretch, shake, walk, or wiggle your fingers. There's no right or wrong way to move!

Maybe you do 10 jumping jacks, spin a hula hoop, or imagine you're a lion running through the jungle.



Mindful Heart

As you move, notice when your mind starts to wander.
Maybe thinking about something else or worrying.

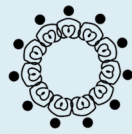
When that happens, gently bring your focus back to the
music and how your body feels.

When the music stops, take a moment to be still. Notice
your heartbeat.



How do you feel now?

You can even invite a partner to gently feel your
heartbeat and share the moment together.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

