

## Mindful leaning

Do this exercise standing. Stand in a good posture, feet slightly apart. Your knees should be soft – not locked or overextended. You can close your eyes or look downwards.

There is no objective in this exercise – you just do it as well as you can.

Focus on the sensations in the soles of your feet. Feel your heels, the edges of your feet, the balls of your feet and your toes touching the floor.

Remember to breathe.

Lean slightly forward. Feel how the weight shifts onto the balls of your feet and the tips of your toes and your heel becomes lighter. Try to lean further slowly. Find a balanced position where you remain upright, but from which you cannot lean any further forward. Remember to breathe. Notice how your toes curl and the muscles of your feet work. Observe how your body tries to regain balance.

Return your weight to the centre. Notice how it feels to stand straight and how your heels feel as they return to the floor.

Repeat the exercise leaning backwards. Slowly transfer your weight to the back of your feet, feel how your toes become slightly lighter. Carefully lean as far as you can. Find a balanced position from which you cannot lean any further back. Remember to breathe. Notice how your toes try to lift off the floor, how your ankles feel. Observe how your body tries to regain balance.

Return your weight to the centre. Notice the sensations in the soles of your feet, your toes, your heel and your ankles. Breathe and gently shift your focus from the feelings in your feet to the moment.

### YouTube video of the exercise

[https://youtu.be/8Dslhp\\_P3o8](https://youtu.be/8Dslhp_P3o8)



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