Mindful Movement
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Pure Edge Mindful Movement helps build strength, flexibility, balance, coordination, focus and relaxation. A Mindful Movement sequence includes three main elements: breathe, move, and rest. The sequences can be easily integrated into an existing physical education program.

Through attention to breath, students experience a state of alert relaxation. The breath should be steady and calm, with even length of inhalation and exhalation, and no feeling of strain. Nasal breathing on both inhalation and exhalation is preferred. Nasal breathing activates the parasympathetic nervous system, helping the body move out of a high-stress, fight or flight state, into a state of calm.¹,²

In the movement portion of the sequence, the teacher’s role is to give safe movement cues, guide learners to connect breath and movement, and encourage an attitude of kindness and curiosity. The focus on the breath-movement connection is key to developing the skill of concentration and ensuring that the nervous system maintains a calm, relaxed state even as the movements introduce some stress to the body. Mindful Movement emphasizes noticing where the body is and how it feels in every posture. Participants practice meeting themselves where they are without judgement.

The guided rest at the end of each sequence offers learners a rare chance in their busy school day to completely relax. It also teaches the skill of attention as the method for guided rest is a body scan, where one brings their attention to different parts of the body throughout the exercise. Rest should last 3-5 minutes, or longer if time allows. Rest is a skill the students are learning and their ability to lie still will improve over time, just like their ability to execute the postures.

Breathe, move and rest are simple but powerful tools to help students develop self-regulation and increase body awareness as they improve gross motor skills. Sequences build on each other and it is recommended that they be implemented in the order outlined in the manual. The appendix to the manual offers more detailed instructions on teaching the breath, the movements and the guided rest, as well as a breakdown of the specific SHAPE physical education standards that the sequences meet. A video resource library is also available at www.pureedgeinc.org/curriculum.

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¹ https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response

² Northwestern University. “Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it’s also linked to brain function, behavior.” ScienceDaily. ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>
This manual is designed to be a simple visual that can be referenced while teaching students. Here is an explanation of a few symbols the manual uses.

- Poses that are held for longer than one breath are indicated with a border.

- Poses marked with an asterisk (*) can be omitted if one needs to shorten the sequence.
Sequence One

**Mountain**

Inhale–Exhale 5x

**Mountain/Sunrise x2-3**

Inhale–Exhale  
Inhale  
Exhale

**Half Opening Sequence A x2-3**

Inhale–Exhale  
Inhale  
Exhale  
Inhale  
Exhale  
Inhale  
Exhale
**SEQUENCE ONE**

**Big Toe**

- Inhale
- Exhale to enter Inhale-Exhale 3x
- Inhale-Exhale
- Inhale-Exhale

**Tree**  Repeat on opposite side

- Inhale-Exhale
- Inhale-Exhale 3-5x
- Exhale

**Half Opening into Plank**

- Inhale-Exhale
- Inhale
- Exhale
- Inhale
- Exhale to enter Inhale-Exhale 3-5x

**Plank into Push-up**

- Inhale
- Exhale
Inhale-Exhale 3-5x

Sleeping Crocodile into Cobra*

Exhale

Inhale

Inhale-Exhale 2-3x

Rock*

Down Dog into Plank*

Exhale

Inhale

Seated Mountain

Inhale-Exhale 3-5x

Guided Rest

Rest
Sequence Two

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale
Inhale
Exhale

Half Opening Sequence A x3

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale
Inhale
Exhale
SEQUENCE TWO

**Big Toe**
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale
- Inhale-Exhale

**Star into Triangle**
- Inhale-Exhale
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale

**Tree**
- Repeat on opposite side
- Inhale-Exhale
- Inhale-Exhale 3-5x
- Exhale
Half Opening into Plank

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale to enter
Inhale-Exhale 3-5x

Plank into Push-up into Updog/Cobra into Down Dog into Plank*

Inhale
Exhale
Inhale
Exhale
Inhale-Exhale 2-3x
Inhale

Sleeping Crocodile into Cobra*

Exhale
Inhale
Cobra into Down Dog into Plank into Push-up into Cobra into Down Dog

Inhale

Exhale

Inhale

Step through to seated
Inhale-Exhale

Exhale

Inhale-Exhale 2-3x

Exhale

Inhale

Exhale

Inhale

Exhale fold forward
Inhale-Exhale 3x

Inhale sit up

Inhale sit, Exhale

Sandwich*
**Table* and Slide*  

Inhale lift up  
Inhale-Exhale 3x  
Exhale come down  
Inhale lift up  
Inhale-Exhale 2-3x  
Exhale come down

**Seated Mountain**  

Inhale-Exhale 3-5x  
Guided Rest  
Rest
Sequence Three

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale
Inhale
Exhale

Half Opening Sequence A x3

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale
Inhale
Exhale
Opening Sequence A x2-3

Inhale–Exhale

Exhale
Inhale
Exhale
Inhale

Inhale-Exhale 3-5x

Inhale
Exhale
Inhale
Exhale

Exhale to enter

Big Toe

Inhale
Exhale to enter
Inhale-Exhale
Inhale-Exhale
Inhale-Exhale
**Surfer into Wave**  Repeat on opposite side

- **Inhale-Exhale**
- **Inhale**
- **Exhale to enter**
  - **Inhale-Exhale 2x**
- **Exhale to enter**
  - **Inhale-Exhale 2x**
- **Inhale**
- **Exhale**

---

**Stork**  Repeat on opposite side

- **Inhale-Exhale**
- **Inhale-Exhale 3x, Inhale**
- **Exhale open leg out to side**
  - **Inhale-Exhale 2-3x**
- **Inhale leg back to center**
- **Exhale**

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**Half Opening A into Seated**

- **Inhale-Exhale**
- **Inhale**
- **Exhale**
- **Inhale**
- **Exhale**
- **Inhale**
Sequence Three

Sandwich*

- Inhale sit up
- Exhale fold forward
- Inhale-Exhale 3x
- Inhale sit up, Exhale

Slide*

- Inhale-Exhale
- Inhale lift up
- Inhale-Exhale 2-3x
- Exhale come down

Boat*

- Inhale-Exhale
- Inhale-Exhale 3-5x
- Exhale feet down

Bridge*

- Exhale lie down
- Inhale lift up
- Inhale-Exhale 3-5x
- Exhale come down
**Sequence Three**

- **Knees into Chest***
  - Inhale-Exhale 3-5x

- **Seated Mountain**
  - Inhale-Exhale 3-5x

- **Guided Rest**
  - Rest
Sequence Four

**Opening Sequence A x2-3**

- Inhale
- Exhale
- Inhale
- Exhale
- Inhale
- Exhale to Plank, Inhale
- Exhale
- Inhale
- Exhale
- Exhale, Inhale-Exhale 3-5x
- Inhale
- Exhale
- Inhale
- Exhale

**Mountain**

Inhale–Exhale 5x
SEQUENCE FOUR

Big Toe

Inhale  Exhale to enter  Inhale-Exhale  Inhale-Exhale

Mountain/Chair x3

Inhale-Exhale  Inhale  Exhale

Surfer into Reverse Wave into Wave

Repeat on opposite side

Inhale-Exhale  Inhale  Exhale to enter  Inhale-Exhale 2x  Inhale to enter  Inhale-Exhale 2x

Inhale  Exhale to enter  Inhale-Exhale 2x  Inhale  Exhale
Stork
Repeat on opposite side

Inhale-Exhale 3x
Inhale
Exhale open leg out to side
Inhale-Exhale 2-3x
Inhale leg back to center
Exhale

Half Opening A into Seated

Inhale-Exhale
Inhale
Exhale
Inhale
Exhale
Inhale

Sandwich*

Inhale sit up
Exhale fold forward
Inhale-Exhale 3x
Inhale sit up, Exhale

Seated Tree*
Repeat on opposite side

Inhale sit up
Exhale fold forward
Inhale-Exhale 3x
Inhale sit up, Exhale
**SEQUENCE FOUR**

**Snail***
Repeat on opposite side

- Inhale sit up
- Exhale fold forward
- Inhale–Exhale 3x
- Inhale sit up

**Boat***

- Exhale
- Inhale–Exhale 3–5x
- Exhale feet down

**Bridge***

- Exhale lie down
- Inhale lift up
- Exhale–Exhale 3–5x
- Exhale come down

**Knees into Chest***

- Inhale–Exhale 3–5x

**Seated Mountain**

- Inhale–Exhale 3–5x

**Guided Rest**

- Rest
Sequence Five

Mountain

Inhale–Exhale 5x

Opening Sequence A x2-3

Inhale
Exhale
Inhale
Exhale
Exhale to Plank, Inhale

Inhale–Exhale 3-5x

Inhale
Exhale
Inhale
Exhale

Inhale
Exhale
Inhale
Exhale

Exhale
Inhale
**BIG TOE**

Inhale  
Exhale to enter  
Inhale-Exhale 3x  
Inhale-Exhale

**MOUNTAIN/CHAIR X3**

Inhale-Exhale  
Inhale  
Exhale

**TRIANGLE INTO WAVE INTO HALF MOON INTO MOUNTAIN**

Inhale  
Exhale to enter  
Inhale-Exhale 2x  
Inhale  
Exhale to enter  
Inhale-Exhale 2x  
Inhale to enter  
Inhale-Exhale 2x  
Exhale  

*Repeat on opposite side*
**Sequence Five**

**Half Opening A into Seated**

1. Inhale
2. Exhale
3. Inhale
4. Exhale
5. Inhale
6. Exhale
7. Inhale

**Sandwich**

1. Inhale
2. Exhale fold forward
3. Inhale
4. Exhale come down
5. Inhale sit up
6. Exhale

**Slide**

1. Inhale-Exhale
2. Inhale
3. Exhale
4. Inhale-Exhale 2-3x
5. Inhale
6. Exhale
7. Inhale-Exhale 3x
8. Inhale
9. Exhale
10. Inhale-Exhale 2-3x
11. Inhale
12. Exhale come down
SEQUENCE FIVE

**Snail***  Repeat on opposite side

- **Inhale sit up**
- **Exhale fold forward**
  - **Inhale–Exhale 3x**
- **Inhale sit up**

**Twisted Snail***  Repeat on opposite side

- **Inhale sit up**
- **Exhale twist to the right**
  - **Inhale–Exhale 3x**
- **Inhale**

**Boat***

- **Exhale**
- **Inhale–Exhale 3-5x**
- **Exhale feet down**
Bridge OR Wheel*

- Exhale lie down
- Inhale lift up
- Inhale-Exhale 3-5x
- Exhale come down

Knees into Chest*

- Inhale-Exhale 3-5x

Seated Mountain

- Inhale-Exhale 3-5x

Guided Rest

- Rest
Sequence Six

**Mountain**

Inhale–Exhale 5x

**Opening Sequence A x2-3**

Inhale  
Exhale  
Inhale  
Exhale to Plank, Inhale

Exhale  
Inhale  
Exhale  
Exhale, Inhale-Exhale 3-5x

Inhale  
Exhale  
Inhale  
Exhale
**Sequence Six**

**Big Toe**

1. Inhale
2. Exhale to enter
3. Inhale
4. Exhale
5. Inhale

**Surfer into Wave into Reverse Wave into Half Moon**

Repeat on opposite side.

1. Inhale
2. Exhale to enter
3. Inhale
4. Exhale
5. Inhale

Repeat on opposite side.

1. Inhale to enter
2. Exhale to enter
3. Inhale to enter, Exhale

Inhale-Exhale 2x
Dancer

Repeat on opposite side

Inhale-Exhale

Inhale to enter

Inhale-Exhale 3x

Inhale

Half Opening A into Seated

Inhale-Exhale

Inhale

Exhale

Inhale

Exhale

Inhale

Seated Tree*

Repeat on opposite side

Inhale sit up

Exhale fold forward

Inhale sit up
**Snail*** Repeat on opposite side

Inhale sit up  
Exhale fold forward  
Inhale-Exhale 3x  
Inhale sit up

**Twisted Snail*** Repeat on opposite side

Inhale sit up  
Exhale twist to the right  
Inhale-Exhale 3x  
Inhale

**Garland into Crow***

Inhale-Exhale 3x  
Inhale to enter  
Inhale-Exhale 3x  
Exhale
Sequence Six

Bridge OR Wheel*
Exhale lie down
Inhale lift up
Inhale-Exhale 3-5x
Exhale come down

Knees into Chest*
Inhale-Exhale 3-5x

Seated Mountain
Inhale-Exhale 3-5x

Guided Rest
Rest

Guided Rest

Rest
List of Sequences

New postures are indicated in **bold text**.

**Sequence One**

Mountain  
Mountain/Sunrise x2-3  
Half Opening Sequence A x3  
Big Toe  
Tree  
Half Opening into Plank*  
Plank into Push-up x2-3*  
Sleeping Crocodile into Cobra x2-3*  
Rock*  
Down Dog into Plank x2-3*  
Seated Mountain  
Guided Rest

**Sequence Two**

Mountain  
Mountain/Sunrise x2-3  
Half Opening Sequence A x3  
Big Toe  
**Star into Triangle**  
Tree  
Half Opening into Plank*  
Plank into Push-up into Cobra/Updog  
into Down Dog into Plank*  
Sleeping Crocodile into Cobra x2-3*  
Cobra into Down Dog into Plank  
into Push up into Down Dog*  
**Sandwich**  
**Table** and **Slide**  
Seated Mountain  
Guided Rest

**Sequence Three**

Mountain  
Mountain/Sunrise x2-3  
Half Opening Sequence A x3  
**Opening Sequence A x2-3**  
Big Toe  
**Surfer into Wave**  
**Stork**  
Half Opening A into Seated  
**Sandwich**  
**Slide**  
**Boat**  
**Bridge**  
**Knees into Chest**  
Seated Mountain  
Guided Rest

**Sequence Four**

Mountain  
**Opening Sequence A x2-3**  
Big Toe  
**Mountain/Chair x3**  
**Surfer into Reverse Wave into Wave**  
**Stork**  
Half Opening A into Seated  
**Sandwich**  
**Seated Tree**  
**Snail**  
**Boat**  
**Bridge**  
**Knees into Chest**  
Seated Mountain  
Guided Rest
List of Sequences

Sequence Five
Mountain
Opening Sequence A x2-3
Big Toe
Mountain/Chair x3
**Triangle into Wave into Half Moon into Mountain**
Half Opening A into Seated
Sandwich*
Slide*
Snail*
**Twisted Snail**
Boat*
Bridge OR **Wheel**
Knees into Chest*
Seated Mountain
Guided Rest

Sequence Six
Mountain
Opening Sequence A x2-3
Big Toe
**Surfer into Wave into Reverse Wave into Half Moon**
Dancer
Half Opening A into Seated
Seated Tree*
Snail*
Twisted Snail*
**Garland into Crow**
Bridge OR Wheel*
Knees into Chest*
Seated Mountain
Guided Rest
Breathe
Students can use Ocean Breath throughout the Mindful Movement sequences. Instructions for teaching Ocean Breath are below. Once Ocean Breath is introduced, students should breathe through the nose during both inhalation and exhalation.

Ocean Breath
1. Inhale through your nose.
2. As you exhale, whisper the sound ahhh through your mouth. Repeat two or three times.
3. On the next breath, close your mouth, exhale, and send the whisper sound through your nose.
4. See if you can find the same whisper sound in the nose on the inhalation and the exhalation.

Move
Here are some pointers for teaching movement.
• Always start with the breath.
• Emphasize the breath-movement connection.
• Build poses from the ground up.
• Start with most supported/accessible version of the pose, and then offer increasingly challenging options.
• Keep your own breath even and steady as a model for students.

Rest
Use this script to teach guided rest.

Guided Rest
1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers)
7. Put your attention on your chest, feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes).
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet, maybe you will even feel your heart beating inside your body.
13. Let students rest in silence for a few moments.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.

• Rest should last 3-5 minutes (longer if time allows). If necessary, you can shorten the exercise by leaving out some body parts.
• Lying on back is the ideal position for helping the body to relax in this exercise. Students who do not feel comfortable lying on their back may lie on their bellies. Rest can also be practiced in a sitting position if lying down is not possible.
• Optional variation: start at the feet and end at the head.
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

The Society of Health and Physical Educators (SHAPE) established America's National Standards & Grade-Level Outcomes for K-12 Physical Education to define what a student should know and be able to do as a result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula. Pure Edge Mindful Movement aligns to all five SHAPE National PE Standards, and 23 out of 98 grade-level outcomes for middle and high school students.

### Table 1: SHAPE National PE Standards

<table>
<thead>
<tr>
<th>Standard</th>
<th>Description</th>
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<td>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</td>
</tr>
<tr>
<td>Standard 2</td>
<td>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</td>
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<tr>
<td>Standard 3</td>
<td>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</td>
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<tr>
<td>Standard 4</td>
<td>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</td>
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<tr>
<td>Standard 5</td>
<td>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</td>
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### Table 2: Outcomes for Middle School Students

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<td>Engages in physical activity (variety of lifetime activities)</td>
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