



# 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.<sup>1,2</sup>

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](http://www.pureedgeinc.org/curriculum).

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

<sup>2</sup> 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](http://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



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



Sleeping Crocodile into Cobra\*



Exhale



Inhale

Rock\*



Inhale-Exhale 2-3x

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

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



Exhale



Inhale



Exhale  
Inhale-Exhale 2-3x



Step through to seated  
Inhale-Exhale

Sandwich\*



Inhale sit up



Exhale fold forward  
Inhale-Exhale 3x



Inhale sit up, Exhale

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



Inhale



Exhale



Inhale



Exhale to Plank, Inhale



Exhale



Inhale



Exhale. Inhale-Exhale 3-5x



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter  
Inhale-Exhale 3-5x



Inhale-Exhale



Inhale-Exhale

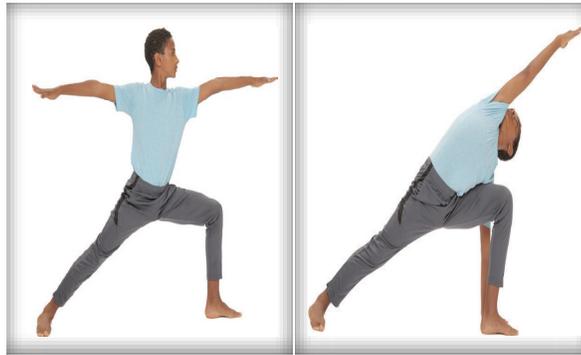
**Surfer into Wave** Repeat on opposite side



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

**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

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

Knees into Chest\*



Inhale-Exhale 3-5x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

# Sequence Four



## Mountain



Inhale-Exhale 5x

## Opening Sequence A x2-3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale to Plank, Inhale



Exhale



Inhale



Exhale. Inhale-Exhale 3-5x



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter  
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Mountain/Chair x3



Inhale-Exhale



Inhale



Exhale

Surfer into Reverse Wave into Wave

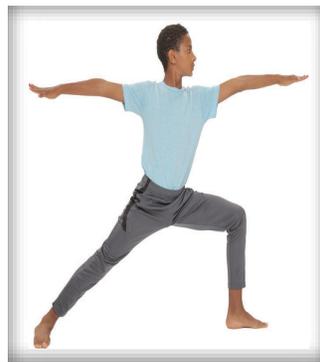
Repeat on opposite side



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

**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  
Inhale-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



Inhale



Exhale to Plank, Inhale



Exhale



Inhale



Exhale. Inhale-Exhale 3-5x



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter  
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Mountain/Chair x3



Inhale-Exhale



Inhale



Exhale

Triangle into Wave into Half Moon into Mountain

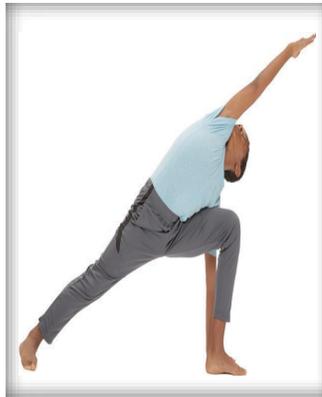
Repeat on opposite side



Inhale



Exhale to enter  
Inhale-Exhale 2x  
Inhale



Exhale to enter  
Inhale-Exhale 2x



Inhale to enter  
Inhale-Exhale 2x



Exhale

Half Opening A into Seated



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale

Sandwich\*



Inhale



Exhale fold forward  
Inhale-Exhale 3x



Inhale sit up, Exhale

Slide\*



Inhale-Exhale



Inhale lift up  
Inhale-Exhale 2-3x



Exhale come down

**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



Inhale



Exhale to Plank, Inhale



Exhale



Inhale



Exhale. Inhale-Exhale 3-5x



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter  
Inhale-Exhale 3x



Inhale-Exhale



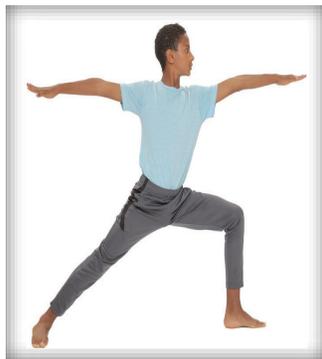
Inhale-Exhale

Surfer into Wave into Reverse Wave into Half Moon

Repeat on opposite side



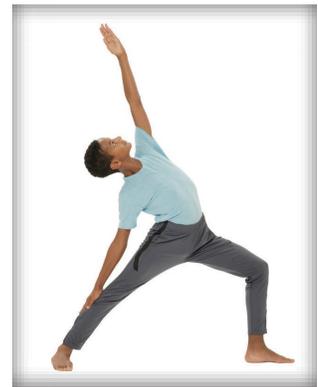
Inhale



Exhale to enter  
Inhale-Exhale 2x  
Inhale



Exhale to enter  
Inhale-Exhale 2x



Inhale to enter, Exhale  
Inhale-Exhale 2x



Inhale to enter  
Inhale-Exhale 2x



Exhale

**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

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

# 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.
  14. Ring Chime.
  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 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, frame-works 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**

<b>Standard 1</b>	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
<b>Standard 2</b>	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
<b>Standard 3</b>	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
<b>Standard 4</b>	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
<b>Standard 5</b>	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Table 2: Outcomes for Middle School Students**

<b>S1.M24</b>	Individual-performance activities
<b>S2.M12</b>	Individual-performance activities, dance and rhythms
<b>S3.M3</b>	Engages in physical activity (variety of strength & endurance activities)
<b>S3.5</b>	Engages in physical activity (variety of lifetime activities)
<b>S3.M9</b>	Fitness knowledge (stretching)
<b>S3.M10</b>	Fitness knowledge (flexibility)
<b>S3.M12</b>	Fitness knowledge (warm-up and cool-down)
<b>S3.M18</b>	Stress management
<b>S4.M1</b>	Personal responsibility
<b>S4.M2</b>	Personal responsibility (positive self-talk, self-awareness)
<b>S4.M3</b>	Accepting feedback
<b>S4.M6</b>	Rules and etiquette
<b>S5.M2</b>	Health (reducing stress, positive mental benefits)
<b>S5.M3</b>	Challenge
<b>S5.M6</b>	Social Interaction (respect for self & others)



**Table 3: Outcomes for High School Students**

<b>S1.H3</b>	Fitness activities
<b>S2.H1</b>	Movement concepts, principles and knowledge (terminology)
<b>S2.H2</b>	Physical activity knowledge (rates of perceived exertion and pacing)
<b>S3.H3</b>	Movement concepts, principles and knowledge (improved performance)
<b>S3.H6</b>	Engages in physical activity
<b>S3.H14</b>	Stress management
<b>S4.H1</b>	Personal responsibility
<b>S4.H2</b>	Rules and etiquette
<b>S4.H5</b>	Safety (alignment)
<b>S5.H2</b>	Challenge

Source: SHAPE America. (2013). *Grade-level outcomes for K-12 physical education*. Reston, VA: Author.



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