



Yoga & Mindfulness Resources

Yoga can be fast or slow, fit or sleepy. You can practice mindfulness in your kitchen or your car! The physical, emotional, and mental benefits of mindfulness and mindful movement are well known. Try some of these practices to get *out of your head and into your body*.

Tips for Engaging in Yoga and Mindfulness During Covid-19:

- **Let your practice of mindfulness be very practical.** Here's one example of being present through awareness of the senses. **Mindfulness 5-4-3-2-1:** Use your five senses to notice five things you can see, four things you can touch or feel, three things you can hear, two things you can smell, and one thing you can taste.
- **Mindful Walking** - Also known as walking meditation, is an intentional slowing down of this basic process - putting one foot in front of the other. Set a timer for 5 - 10 minutes, choose a space where you can pace back and forth or in a circle, and focus on your feet and legs as you slowly step.

Vermont Based Resources

Vermont Center for Children, Youth and Families: Our providers are offering videos to support your wellness. You can find links to videos for yoga, mindfulness practice, and wellness support on our website.

http://www.med.uvm.edu/vccyf/home/resources_for_families

For Grown-ups

Mindful.org - A one-stop site for everything mindful. You may want to read the newsletter, practice a guided meditation, or start a gratitude journal. Mindful.org will help you get started!

<https://www.mindful.org/>

YMCA360 Free online Yoga and Tai Chi classes

Yoga: <https://ymca360.org/on-demand#/category/22>

Tai Chi: <https://ymca360.org/on-demand#/category/20>

YouTube Yoga Two popular online yoga teachers offer hundreds of free yoga sessions of all lengths and for all levels of student.

Yoga with Adrienne: <https://www.youtube.com/user/yogawithadriene>

Yoga with Cassandra <https://www.youtube.com/user/yogawithkassandra>

Free Mindfulness “Apps” provide guided mindfulness practice of all lengths, types and for all ages and occasions!

Smiling Mind <https://www.smilingmind.com.au/smiling-mind-app>

Insight Timer App <https://insighttimer.com/>

Lots of YouTube videos - A favorite to help you fall asleep: Yoga Nidra For Sleep - Powerful Guided Meditation to Fall Asleep Fast.

<https://www.youtube.com/watch?v=l4r6r2lGKgU&t=15s>

For Children and Families

Cosmic Kids Yoga - Choose from different levels of Yoga for kids ages 3+. There are Yoga games and stories, Yoga for bedtime, and quick 5 minute ‘Brain Breaks’.

<https://www.youtube.com/user/CosmicKidsYoga>

Zen Den from Cosmic Kids - A fun series about mindfulness for kids ages 5+.

<https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xL>