



Mindful Movements: Ten Exercises for Well-Being

Thich Nhat Hanh

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Initially designed as stretching breaks between long periods of sitting meditation, Thich Nhat Hanh's Mindful Movements became so popular they're now an integral part of his retreats. Based on yoga and tai chi movements, these simple, effective exercises reduce mental, physical, and emotional stress. The book *Mindful Movements* introduces the program to the general public. The ten routines are designed to be easily accessible and can be performed by people of all ages and all body types, whether they're familiar with mindful practices or not. They can be done before or after sitting meditation, at home, at work, or any time the reader has a few minutes to refresh both mind and body. For those new to meditation, the exercises are an easy way to get acquainted with mindfulness as a complete, multifaceted practice. For current practitioners, the movements add a welcome physical element to a sitting meditation practice.

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