

## Going on a Vacation in Your Mind - Practicing Stillness



“Stillness is the ability to quiet the mind and body; to be self-aware; to develop sensitivity, self-control, and self-regulation” - YogaCalm®. Stillness teaches us we can create an inner peace that we can draw upon at any time, even and especially, when the world around us is chaotic. Imagination is a powerful tool and going on a vacation in your mind is way to regulate anxiety, distraction, and restlessness. You can take 30 seconds to 1 minute and visualize yourself in your favorite vacation spot as a family real or made up.

### Check in and Reflect with your family:

- Do you have a favorite family vacation spot, even a day get away? Or a place you would like to go that you’ve never been?
- Take turns going around and describing the place; sounds, smells, sights, foods you’d eat, what you touch, what you’d do?
- Then set the timer for 30 seconds, take a big breath together, hold hands, close your eyes , and go on a vacation in your mind.

### Family Mindful Movement Stillness Flow



Start with laying on your back with your hands on your belly. Kids can put their favorite stuffy on their belly if they would like. Take 5-7 big belly breaths feeling your hands rise and fall or watching your stuffy go up and down.



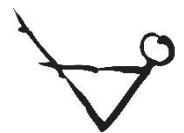
Hug knees into chest.



Single leg stretches. Alternate legs up towards the sky bent or straight and gently hold and then switch.



Rock and roll on your back 3-5 times.



Hold in boat. Find Stillness.



3-5 Deep Belly Breaths



Find tree pose, alone or supported by wall or family member. As you find stillness in the pose think of the stressors that swirl around your family and try to knock you of balance. Name them. Stay steady. Visualize that vacation in your mind, breathe, smile. Find that inner peace and strength through stillness. Switch sides.