

## FLIP NEWSLetter



## Yoga &amp; Meditation

Finding Stillness and Strength Anywhere, Anytime!

## WHY YOGA AND MEDITATION?

The benefits throughout your day:

## Morning

- Boosts circulation and energy
- Increases mental clarity
- Sets a calm tone for the day

## Midday

- Reduces stress from the day's demands
- Relieves posture fatigue from sitting
- Re-centers focus for the afternoon

## Evening

- Encourages restful sleep
- Releases physical and mental tension
- Improves digestion and recovery

## COMMON BARRIERS TO MINDFULNESS

And how to gently overcome them:

## "I don't have time."

- Try just 5-10 minutes to start. Even short sessions can be impactful.

## "I'm not flexible."

- Yoga isn't about flexibility—it's about connection and breath. Modifications are welcome!

## "I can't clear my mind."

- Meditation isn't about no thoughts. It's about noticing and letting them pass.

## LIVING WELL THIS MONTH: BUILD MINDFUL HABITS

- **Start Small:** One pose or one minute counts
- **Use a Cue:** Link meditation to brushing teeth or meals
- **Try Tech-Free Time:** A short evening wind-down without screens
- **Reflect Weekly:** How did yoga or meditation affect your day?

## RECIPE CORNER:

Fruity  
Oatmeal  
Parfaits!



Fruity Oatmeal Yogurt Parfaits  
This protein-packed breakfast is an easy, healthy way to start the day.  
flips.org



<https://meklund7.wixsite.com/flip>



<https://www.facebook.com/flip.loyola.7/>





# EASY WAYS TO GET STARTED!

Trying something new can seem challenging or intimidating but it doesn't have to be!

## MORNING YOGA FLOW (10 MIN)

**No equipment needed! Just a mat or soft surface.**

1. Standing Tall (Mountain Pose) – 30 sec
2. Sun Salutation (Surya Namaskar) – 2 rounds
3. Cat-Cow Stretch (on hands and knees) – 1 min
4. Downward Dog – 30 sec
5. Low Lunge (Right & Left) – 1 min
6. Child's Pose – 1 min
7. Seated Forward Fold – 1 min
8. Easy Seated Twist (Right & Left) – 30 sec each
9. Final Resting Pose (Savasana) – 2 min

**Tip:** Focus on breath and gentle transitions.

**With consistency over time, yoga and meditation can lead to:**

- Enhanced immunity
- Improved heart rate variability and cardiovascular health
- Greater resilience to chronic stress

## ON-THE-GO MEDITATION PRACTICE:

**For work, commutes, or anytime you need to reset!**

- Sit or stand with your spine tall
- Let your hands rest naturally
- Inhale through the nose, exhale through the mouth
- Try "box breathing": Inhale 4-Hold 4-Exhale 4-Hold 4
- Trace your hand with one finger—breathe in as you go up a finger, breathe out as you go down.
- Do 3-5 cycles (takes about 2 minutes)

**Grounding cue:** Feel your feet on the floor or notice your breath in your body.

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