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First, I decided to start with some body scan meditation as I believe that most of us definitely don't spend enough time focusing on and caring for the complex living thing that is our body.

Next, I chose to do a series of yoga poses in some calming mindful yoga on the beach w/ my teammate.

- What did you notice about your emotions and thoughts before and after each practice? Was there any difference?

Before the experience I was pretty sure that I would never be able to fully relax and let my tense muscles release but I was proven otherwise. I feel rejuvenated and more in touch with what I am thinking after these two slow- paced and physically refreshing activities. Plus, we had a blast while hanging out in the fresh ocean atmosphere.

- Which practice did you prefer and why?

I preferred the mindful yoga by a bit, only because it includes a more physical aspect to the otherwise mentally calming meditation. I felt more stretched and soothed.

- Were there any external or internal barriers that impeded you from having an effective mindfulness session? How might you eliminate those barriers in the future?

A big internal barrier that kept me from being mindful for a long time and even sporadically throughout the session was my mental block from the drastic changes in my life this year.

Externally, I really didn't have much to complain about as I am fortunate enough to live in a quiet neighborhood and the loudest things, I hear in the evening is the gentle humming of the home

appliances. Moreover, when at the beach, the sound of the waves crashing at the beach was actually very pleasant and nearly put me to sleep.

Share your experience and encourage others to practice mindfulness with a social media post. Tag @TurningGreenOrg and @Natracare with #PGC2019.

Body scan meditation
Mindful yoga



