



# Blade of Grass

## MINDFULNESS EXERCISE

### **Grundposition**

*Basic position*

*Stand upright - the inner edges of the feet touching.*

*The arms hang loosely down. The body is relaxed.*

### **Execution**

*Now close your eyes.*

*You will notice that your body is trying to keep its balance.*

*Let your body relax completely and swing along as your body dictates.*

*Do not force yourself to stand up straight.*

*Imagine that you are a blade of grass swaying back and forth in the light wind.*

*You are securely rooted and flexible at the same time.*

*No compulsion - just be.*

*Your breath flows freely.*

*The blade of grass can be performed for 3 to 7 minutes - depending on the level of practice.*

*Reflect on:*

*How was the exercise for you?*

*Which thoughts, emotions or bodily sensations have shown up?*

*How is your overall mood now?*