



## Stretch & Sketch Yoga & Mindfulness Prompts

This can be done any time of day, to help you feel more grounded and connected to yourself and others (all 3 will take no longer than 10 minutes)

What's needed:  
comfortable seat  
optional pen & paper for reflections

### 1. Arrival - Connection to Self

Wherever you are, no need for it to be the "perfect" conditions, take a moment to pause.

Feel the weight of your body where it meets the ground or the support beneath you.

**Feet, seat, back. Let your hands rest on your belly or on your lap.**

**Begin to notice your breathing without changing it.**

**As you inhale, imagine a gentle wave rolling in**

**As you exhale, imagine it rolling back out**

Visualise and observe your breath for 10 rounds.

There is nothing to improve upon or fix here, allowing yourself to be exactly as you are.

### Reflection

What does my inner landscape feel like today?  
Still, moving, heavy, light?



## 2. Moving With Awareness

Intuitively, begin to move.

Swaying,  
shifting weight,  
gentle stretches,  
maybe you reach your arms over head,  
maybe you wrap your arms around your body.

Notice how your body wants to move. Imagine you're following your inner flow or current rather than leading it.

Let your sensations guide you.

**Some movements may feel smooth and steady,  
some may feel bumpy or uncertain,  
welcome them all, without judgment.**

Continue moving for a minute or two.

Stay present with the sensations,  
meeting yourself with curiosity and compassion.

### Reflection

What feeling or emotion feels closest to the surface right now,  
and how can I meet it with kindness?



### **3. Connection Beyond the Self**

Pause and notice the wider context you are part of.

Even if you are practising alone,  
many others are taking time to move,  
breathe, and reflect in their own way.

Community can exist through shared purpose, not just shared location.

With each breath,  
imagine your presence extending outward to others,  
offering support, empathy and care.

These small moments of awareness can strengthen the sense  
that we are part of something larger.

#### **Reflection**

What helps me feel a part of something, even when I am on my own?