



Pain Management Center

Mindfulness Based Stress Reduction (MBSR) Program



Home Practice Workbook: Awareness of Breathing

Noticing the Physical Sensation of Breathing

Locate where in your body you notice the physical sensation of breathing most prominently. That physical location will become the anchor point for your attention. Notice the sensations of the inhale, and then the exhale.

Conscious Breathing

Repeating silently to yourself: “Breathing in, I am aware I am breathing in. Breathing out, I am aware I am breathing out.”

Counting the Breath

Use silent labelling of the stages of the breath to help anchor attention. During the inhale, silently say “one.” During the exhale: “two.” During the next inhale: “three,” and so on, up to ten. Then return to one. If you lose your focus, return to one, without judging yourself!

Candle Breathing

Using the fingers of one hand as “five candles,” or perhaps just the index finger as “one candle,” imagine that you are systematically and gently blowing on the “flame,” but not so forcefully as to extinguish it. Continue, inhaling through the nose and exhaling through the mouth onto “the flame.”

MP3 Links to Sitting Meditations (Additional files guided by Jon Kabat-Zinn sent via email)

45 minutes

- (Florence) https://Multimedia.umassmed.edu/cfm/Guided_Sitting_Meditation_FMM.mp3
- (Lynn) https://Multimedia.umassmed.edu/cfm/Sitting_Meditation_Lynn_Koerbel.mp3
- (Bob) <https://Multimedia.umassmed.edu/cfm/stahl/sitting-meditation.mp3>

30 minutes

- (Florence) https://Multimedia.umassmed.edu/cfm/Florence_Guided_Sitting_Meditation_30min.mp3



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Home Practice Workbook: Body Scan

The Body Scan is intended to raise awareness of the body by using it as the focus for practicing mindfulness.

Simply listen and follow the instructions on the recording.

Mindfulness of the body is the primary result of practicing with this scan, though relaxation may also result.

Some people use the Body Scan to help them fall asleep, which is fine, but even so, for some of your practice sessions it would be best to try to remain alert and aware.

You will be sent a link to download an MP3 of a guided recording of the Body Scan.

My suggestion is that you practice the Body Scan 6 days per week.

The benefits you reap from class will correlate with how much time you are able to devote to practice.

Some students find practicing first thing in the morning or last thing at night works best for them.

Others like to listen to it on the train during commuting, or at lunchtime in their car.

Just find a time of day that works best for you and your schedule.

MP3 Links to Body Scan Meditations (Additional files guided by Jon Kabat-Zinn sent via email)

45 minutes

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- (Lynn) https://Multimedia.umassmed.edu/cfm/Body_Scan_Meditation_Lynn_Koerbel.mp3
- (Bob) <https://Multimedia.umassmed.edu/cfm/stahl/body-scan.mp3>
- (Saki) https://Multimedia.umassmed.edu/cfm/Body_Scan_Saki_Santorelli.mp3

30 minutes

- (Florence) https://Multimedia.umassmed.edu/cfm/Florence_Body_Scan_30_min.mp3



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Home Practice Workbook: Mindful Yoga

Some people can be reluctant to exercise because it involves discomfort or strain, or requires special equipment or others to work out with, or going to a special place to do it. If this has been the case for you, then hatha yoga might be a helpful practice.

The word “yoga”, means “yoke” in Sanskrit. It implies a harnessing together and a unifying of body and mind. Yoga can be a form of meditation, and when done regularly, is an excellent mind/body discipline for people who wish to move towards greater levels of health.

Hatha yoga consists of postures done mindfully and with awareness of breathing. They are fairly simple and can have dramatic effects if practiced regularly. The poses we are doing are extremely gentle. Regular practice will increase your flexibility, strength and balance, as well as help you enter a state of deep relaxation and awareness. Many people experience a greater serenity about life in general, improved circulation, a firmer, trimmer figure, and less illness as a result.

In practicing yoga, you are advised to practice in the same way that you do when meditating, namely maintaining moment to moment awareness, and not striving to get somewhere. Just allowing yourself to be as you are, and letting go of any judging of yourself. Move slowly and consciously. Mindful yoga involves exploring your limits, but not pushing beyond them. Instead, you play with dwelling at the boundary and breathe. This requires honoring your body and the messages it gives you about when to stop and when to avoid doing a posture because of your particular circumstances.

Yoga requires no special equipment and can be done almost anywhere. You can learn it from the MBSR recordings. If you find you are drawn to yoga, you get ideas for new postures by taking yoga classes. It's great to experiment mindfully.

MP3 Links to Standing and Lying Yoga

45 minutes - Standing

- (Florence) https://Multimedia.umassmed.edu/cfm/Guided_Standing_Yoga_FMM.mp3
- (Lynn) https://Multimedia.umassmed.edu/cfm/Standing_Yoga_Lynn_Koerbel.mp3
- (Bob) <https://Multimedia.umassmed.edu/cfm/stahl/standing-yoga.mp3>

45 minutes - Sitting and Lying

- (Florence) https://Multimedia.umassmed.edu/cfm/Guided_Sitting_Yoga_FMM.mp3
- (Lynn) https://Multimedia.umassmed.edu/cfm/Lying_Down_Yoga_Lynn_Koerbel.mp3
- (Bob) <https://Multimedia.umassmed.edu/cfm/stahl/lying-yoga.mp3>

30 minutes - Standing and Lying

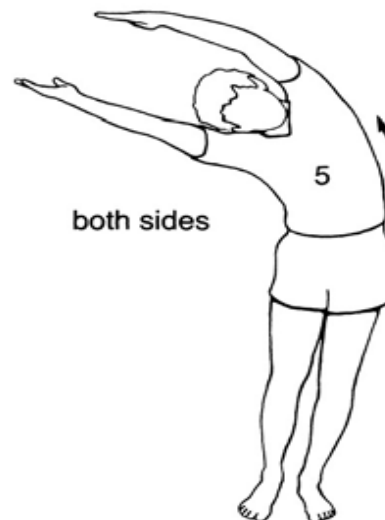
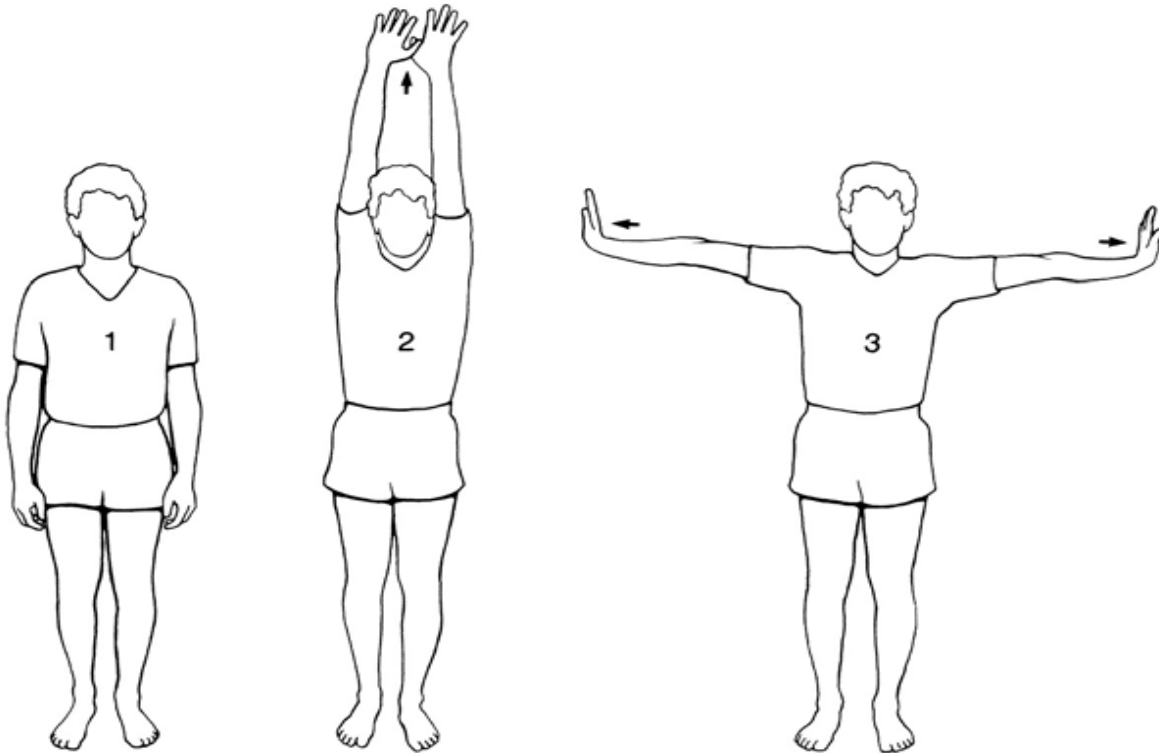
- (Florence) https://Multimedia.umassmed.edu/cfm/Florence_Standing_Yoga_30_min.mp3
- (Florence) https://Multimedia.umassmed.edu/cfm/Florence_Lying_Yoga_30_min.mp3



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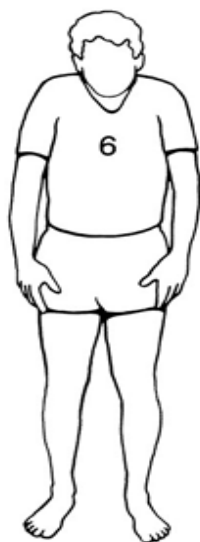


Home Practice Workbook: Standing Yoga Postures

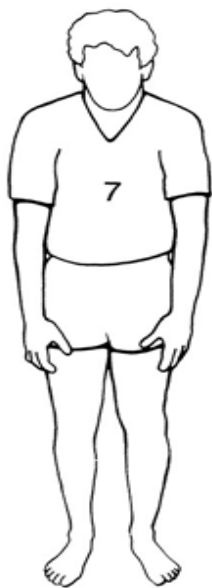


Home Practice Workbook: Standing Yoga Postures

shoulder rolls: do in forward, then backward directions



raise up



squeeze together
in front

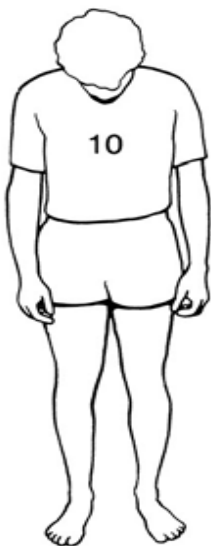


let drop



squeeze together
in back

neck rolls: do in one direction, then the other



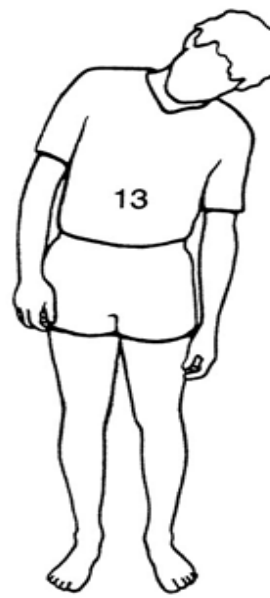
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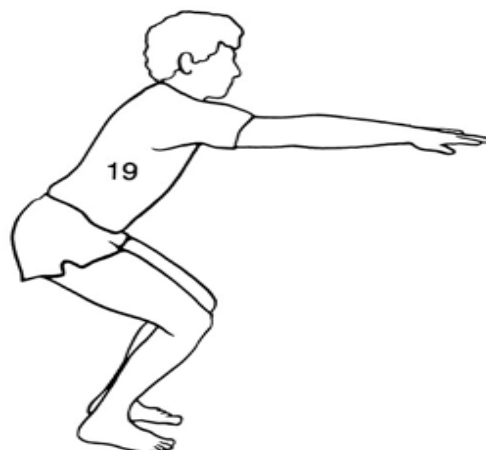
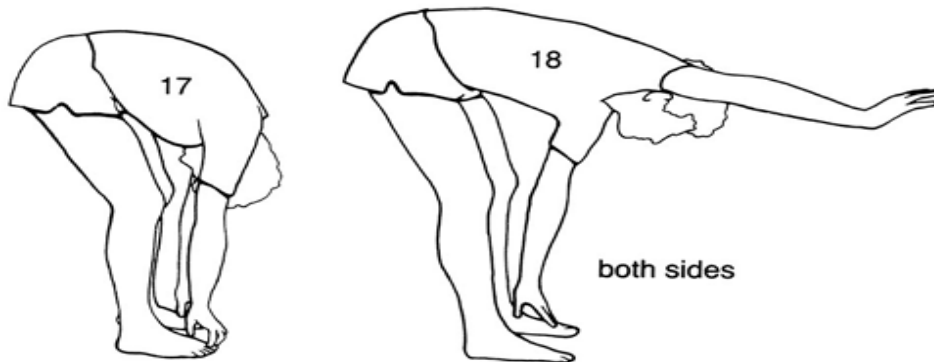
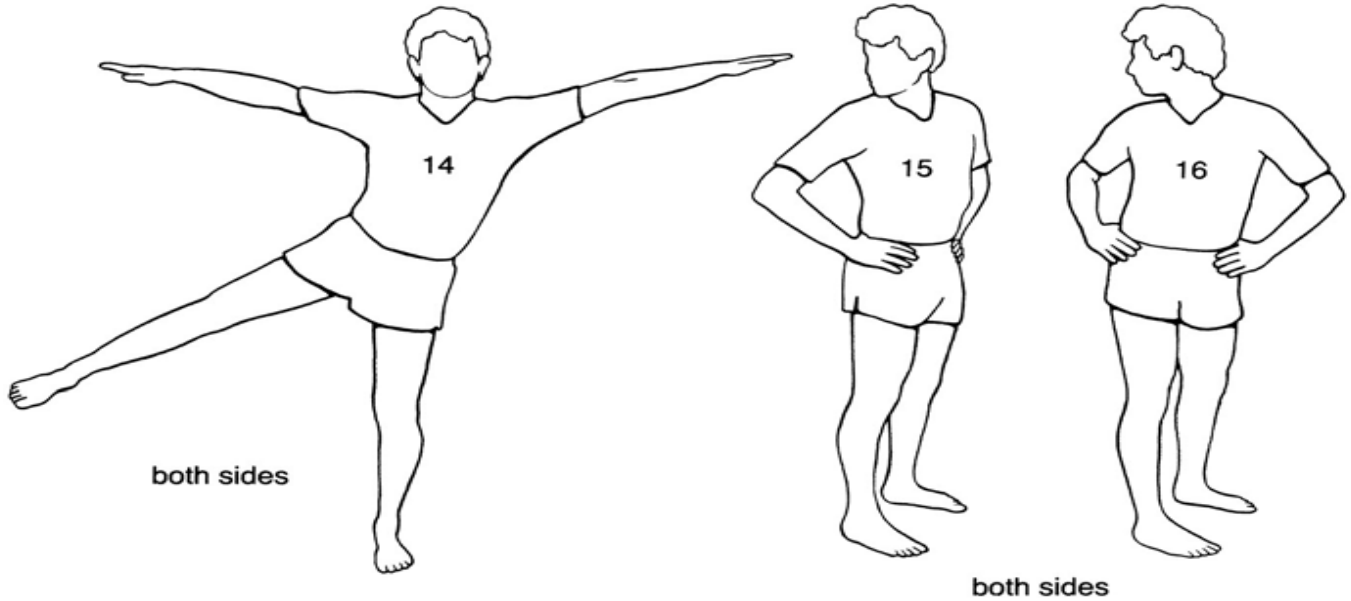


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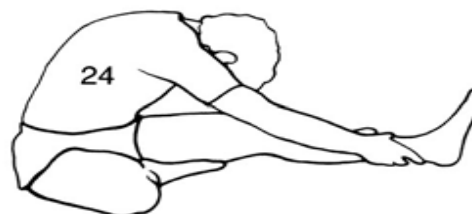
Home Practice Workbook: Standing Yoga Postures



Home Practice Workbook: Standing Yoga Postures



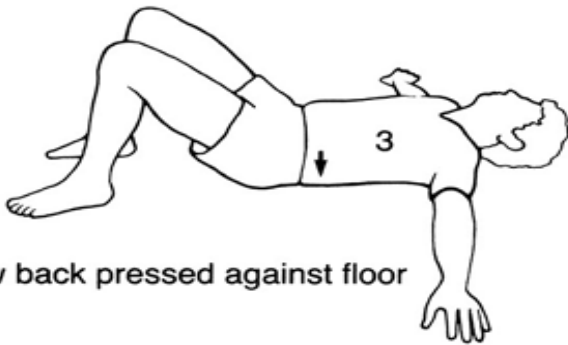
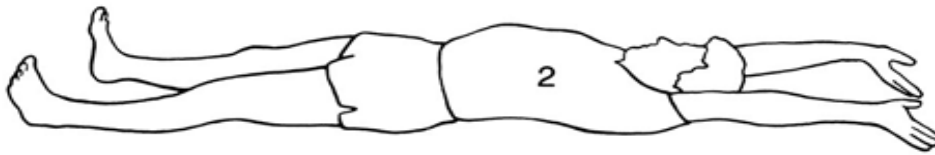
both sides



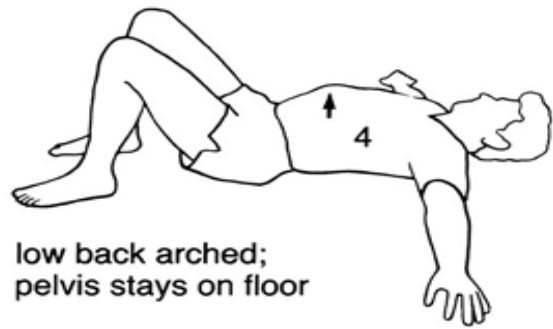
repeat 22 to 24 on other side



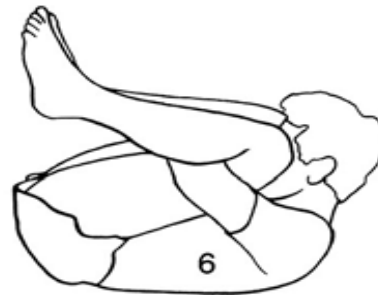
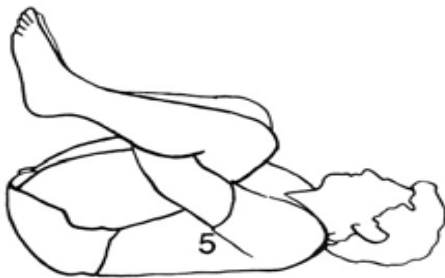
Home Practice Workbook: Lying Yoga Postures...



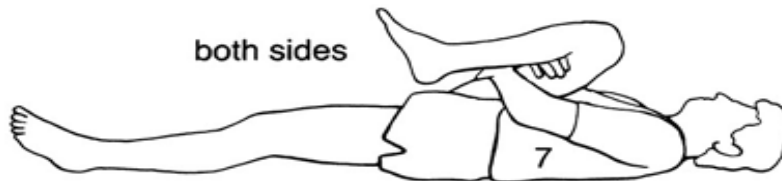
low back pressed against floor



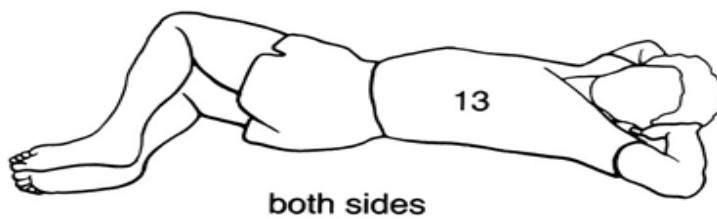
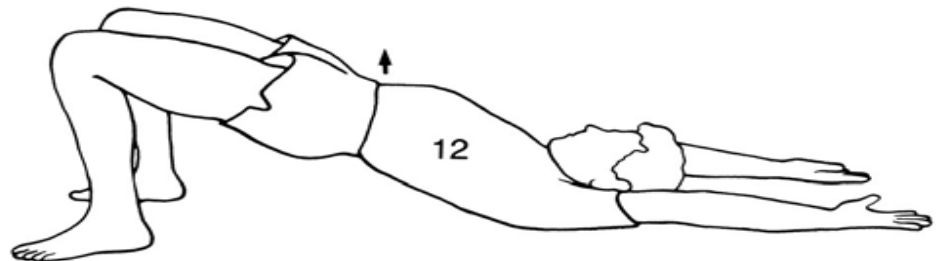
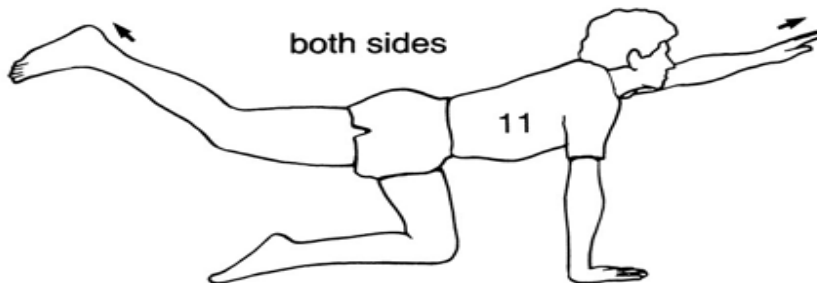
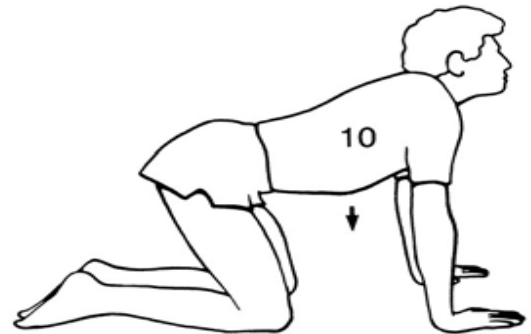
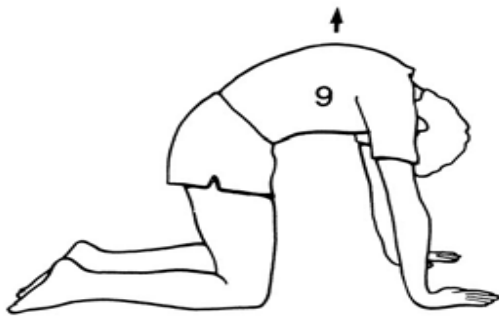
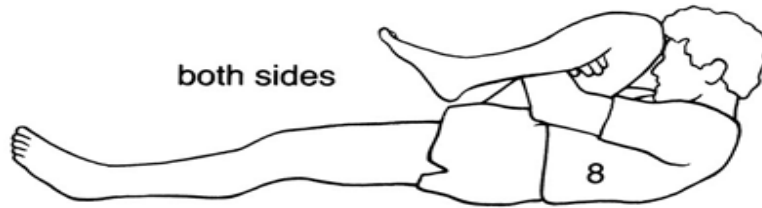
low back arched;
pelvis stays on floor



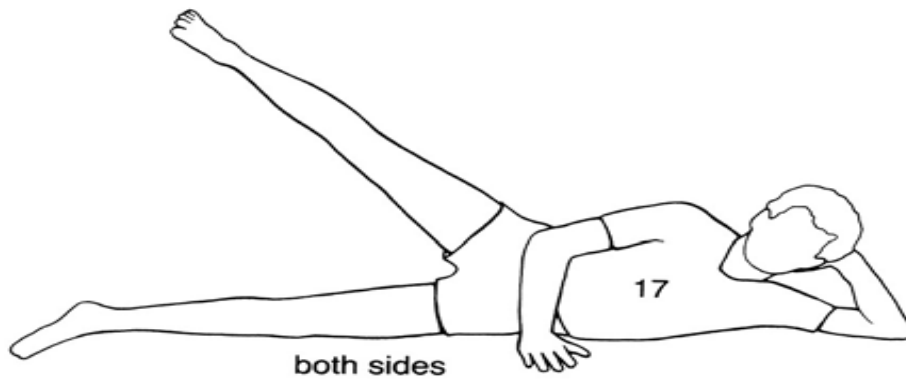
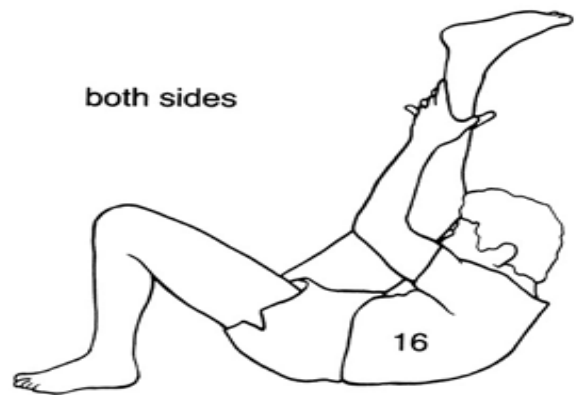
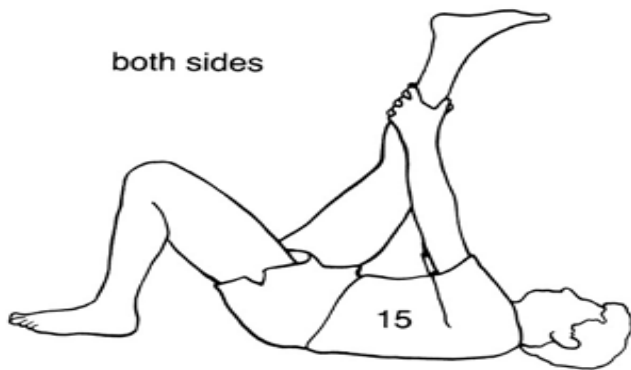
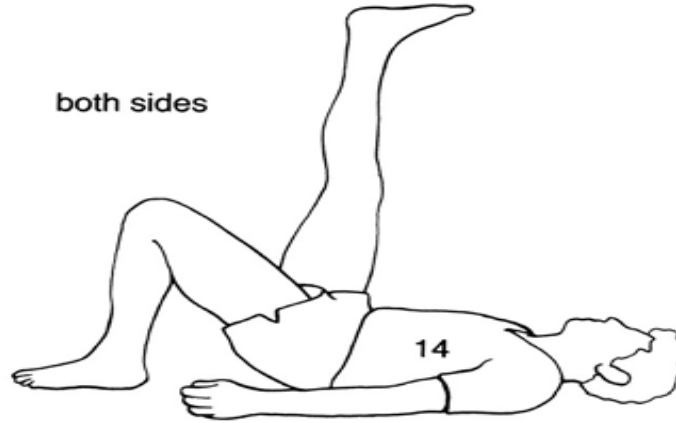
both sides



Home Practice Workbook: Lying Yoga Postures continued



Home Practice Workbook: Lying Yoga Postures continued



Home Practice Workbook: Lying Yoga Postures continued

