

Your best life  
starts here.

## **Start here.**

Not sure what mindfulness is, why to practice it, or how to fit it into your already full life? Good news: you're in the right place.

Mindfulness is your ability to fully appreciate and engage in a moment without comparing it to a past experience. Our approach to mindfulness incorporates the philosophy of yoga and the science of human behaviour.

## **Every day practices.**

On the following cards you'll find simple, practical exercises designed to ground you in the present moment. There is a theme for each day of the week. For maximum benefit, take the time to do both the mind and the body exercise for each day. You can make mindfulness a habit by attaching your practice to something that is already a part of your daily routine, like after showering in the morning or brushing your teeth at night.

Ready?

Let's practice.

01

Practice  
presence.

The practice of presence is about living in the moment and becoming aware of your thoughts, emotions and sensations without judgment. Presence is at the core of mindfulness, and a practice we can return to again and again.

A **Do one thing at a time.**

Do you scroll Instagram while you stream a TV show? Eat at your desk while you work? Today, try mono-tasking and pay attention to how that feels.

B **Bring your attention to your breath.**

Choose an activity you do regularly (like responding to emails or washing your hands) and attach a deep, full breath to it. Inhale for 4 seconds, exhale for 6 seconds, hit reply.

01

Practice  
presence.

# Tadasana

## Mountain Pose



When you stand in this pose, set your intention to release the previous experience and be open to whatever comes in the present moment.

- 1 Stand with your feet hip distance apart and somewhat parallel.
- 2 Root down through your feet and engage your leg muscles.
- 3 Lengthen through your tailbone and draw your navel closer to your spine.
- 4 Lift through your chest and soften your shoulders down your back.
- 5 Take 5–10 deep breaths here.

02

Practice  
creativity.

The practice of creativity is about making space—for a new perspective, new action, or a new habit. In other words, creativity is not about your job or whether you can write, paint or sing. Creativity is something that we can all access in every moment.

A **Reflect and release.**

Think of a situation in your life where you feel attached to a certain outcome. Let go of that attachment, and make space for new solutions, perspectives or actions. Can you stay committed to the process but detached from the result?

B **Do something spontaneous.**

Doing something out of your ordinary lets your brain engage in a new way, creates new energy and helps you see with a fresh perspective.



02

Practice  
creativity.

# Supta Baddha Konasana

Reclined Bound Angle Pose



This variation lengthens your inner thighs and creates openness in your shoulders. As you rest in this pose, allow yourself to be open to something new.

- 1 Lay on your back with your feet together and your knees wide apart. You can place some blocks underneath your knees for extra support.
- 2 If you want to release tension in your shoulders, take your arms overhead and hold opposite forearms or wrists if possible. Otherwise, simply take your arms overhead and rest them on the floor.
- 3 Close your eyes and relax in this pose for 5–10 deep breaths (or more).

03

Practice  
power.

The practice of power is about recognizing the strength that is already within you (and trust us, it's definitely there). You are here. You are strong. You are a bright light impacting the lives of everyone you touch. We see you. How do you see you?

A **Burn the thoughts that are holding you back.**

Write down as many negative “I am...” beliefs you have about yourself. Could you ever say those harsh words to the people you love? So, why would you use those words on yourself? Now, burn your page of statements (or whatever you need to do to let these thoughts go).

B **Do something that scares you.**

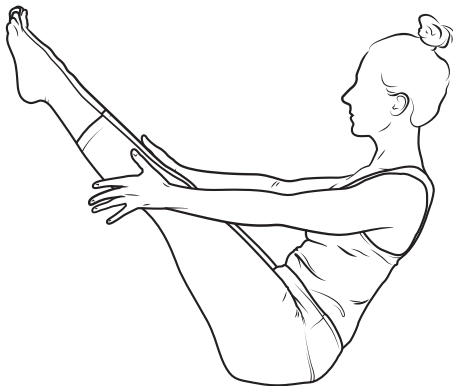
Step into your power—give someone you don't know a compliment or take yourself on a solo date. You've got this.

03

Practice  
power.

# Navasana

## Boat Pose



Boat pose activates and strengthens the deep muscles of your abdominal wall. Strengthening your core allows you to access your power and courage.

- 1 Sit on your mat with your legs bent and your feet flat on the floor.
- 2 Place your hands behind your hamstrings and lean back until your arms are straight, shifting your weight towards your tailbone.
- 3 Draw your navel in towards your spine to protect your lower back.
- 4 Stay there, or to deepen the pose, begin to lift your legs. If you can, straighten your legs.
- 5 Stay for 5–10 deep breaths. Repeat 3–5 times.

04

Practice  
gratitude.

The practice of gratitude is a conscious choice to recognize all the gifts in your life (yes, even the challenging situations and people). How can you see each moment and person as your teachers?

A **Write a letter of forgiveness to someone in your life.**

You don't need to share this letter—the act of forgiving is about you freeing yourself to move forward.

B **Give gratitude.**

Write a list of what you are grateful for. Keep it in your pocket and add to it as things come up. Read it, often, especially when you need a boost. Share it, if that feels right.

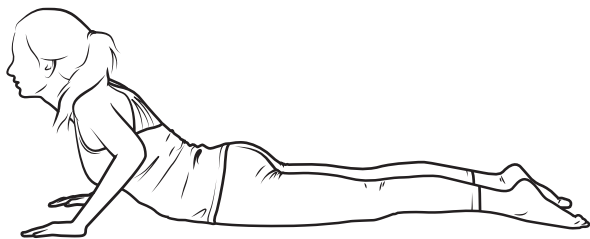


04

Practice  
gratitude.

# Bhujangasana

## Cobra Pose



Cobra pose is a gentle backbend that strengthens and builds flexibility in your thoracic spine. All backbends are connected to your heart centre. Invite in gratitude in this pose.

- 1 Lie on your stomach with your legs extended straight behind you, hip distance apart.
- 2 Push the tops of your feet into the ground and engage your legs so your knee caps lift up.
- 3 Lengthen your tailbone and draw your navel in towards your spine.
- 4 Place your hands on the mat slightly below your shoulders.
- 5 Keeping your elbows drawn in, inhale and lift your chest. Soften your forehead, neck and shoulders. Stay for 3 deep breaths and release. Repeat 3–5 times.

05

Practice  
truth.

The practice of truth is about speaking from your heart. What you say has the power to impact the people you speak to, whether it's through social media or in-person conversations. Use this power wisely.

A **Speak intentionally,  
in every conversation.**

Use these four questions as filters for what you are about to say: Is it kind? Is it necessary? Is it truthful? Does it elevate the conversation?

05

Practice  
truth.

# Viparita Karani

## Legs Up the Wall Pose



This pose is a gentle inversion to alleviate stress in your legs and lower back. Invite in the practice of truth as you rest in this posture.

- 1 Grab a block, bolster or some cushions to support you in this pose.
- 2 Lie down on your back and bend your knees.
- 3 Lift your bum and slide the block, bolster or cushion underneath your lower back.
- 4 Raise one leg and then the other, straight into the air. This should feel comfortable. If you are contracting your abdominals, hip flexors or quadriceps, add more height under your lower back.
- 5 Once you've found your position, stay for 5–10 deep breaths (or more).

06

Practice  
trust.

The practice of trust is about recognizing you already have all the wisdom within you. There's no need to look outside of yourself for the answers because you know exactly what you need.

A **Take time in silence, and repeat the mantra “I am”.**

A mantra is a mind tool that supports you in gently focusing on one thought. This particular mantra is an expression of your most expansive self, without any labels (like mother, husband, child, teacher, graphic designer...).

B **Connect with nature.**

This is a simple way to boost your physical and mental well-being, restore your energy and relieve stress. Leave your phone and other distractions so you can pay attention to what you see, hear and smell.



06

Practice  
trust.

# Balāsana

Child's Pose



Child's Pose is a resting posture. The practice of yoga is about listening to your body and choosing the most nourishing pose for you in that moment. Trust that your body will tell you what it needs.

- 1 Sit on your shins. Bring your knees either together or wider apart (try it both ways to find what suits you best).
- 2 Round your spine as you place your forehead on to the floor. If your forehead doesn't comfortably touch the floor, stack your forearms on each other or place a block, bolster or cushion underneath your forehead.
- 3 Extend your arms in front or behind you. Stay for 5–10 breaths. If you experience any knee pain, come out of this posture.

07

Practice  
grace.

The practice of grace is about recognizing that we are all connected—everyone and everything is an extension of you. When you recognize that you are part of the whole, you will naturally support and serve those around you.

A **Shift your thinking.**

Start to notice where you can do something good for someone else, from grand gestures to the smallest moments. Acknowledge someone who did a good job, hold the elevator, let the other car go in front of you in traffic. Don't forget, "the whole" includes the environment, too. Let go of the straw and other single use plastics or bring a reusable mug to the coffee shop. Ask yourself, how can you help?

07

Practice  
grace.

# Sukhasana

## Seated Pose



This seated pose is ideal for meditation because your spine is upright and your body is somewhat relaxed. Choose what works best for you, whether that's sitting cross-legged on the floor or upright in a chair.

- 1 Sit on a block, bolster or directly on the floor with your legs crossed. If your knees are much higher than your hips, you may want to sit in a chair. Make sure you are comfortable.
- 2 Soften your shoulders down your back.
- 3 Do what's natural with your hands.
- 4 Close your eyes and invite in the practice of grace by silently repeating "I am grace."
- 5 Stay for 5–10 breaths.

The more  
you explore  
your practice,  
the more  
you'll get out  
of it.

## **What are you waiting for? Let's practice.**

You can access your online personal development and other members-only content through your lululemon account—it's ready for you, right now. We'll email your monthly class passes, event invitations, and exclusive product launches (so make sure we're in your safe senders list).

## **Want to know more about lululemon practice?**

We're here to answer all of your questions. Call or email our Guest Education Centre at 1.877.263.9300 and [practice@lululemon.com](mailto:practice@lululemon.com)