



Simple Mindfulness

PRACTICE



Free! 5 Steps

Guide to



Mindfulness



Yogashraddha4.com

Ease through yoga





Simple Mindfulness

PRACTICE



WHAT IS MINDFULNESS?

Mindfulness is the practice of purposely bringing one's attention to the present-moment experience.

Why it should practice?

The level of Stress, anxiety, depression has been increasing due to various reasons. It is simple purposeful practice of checklist to keep the mind calm.



yogashraddha4.com





Namaste, Nice to meet you

Congratulations! on giving yourself a gift of wellness. And taking your first step to health and fitness with yogashraddha4.com. My name is Shraddha Shimpi I do teach yoga for happy hips and feet to stand strong, and confident on your feet, and yoga to relieve stress and anxiety to feel relaxed and at ease in your day-to-day life by Yoga (using simple props). Shraddha is a doer right from dealing with Planter fasciitis, and knee pain to back pain reducing that pain through yoga to great extent. She also came over the pain of hormonal changes, and monthly periods of pain. Shraddha is also (E -RYT) certified 200 hrs yoga teacher. She is practicing yoga since 2018. Please visit Yogashraddha.org to find her schedule. She had lost a loved one due to covid and also beat covid herself. She had lost a loved one through severe depression, so she knows the pain and loss of life. Regular practice of spirituality and yoga had helped her to deal with physical pain, grief, and emotional pain. She can feel positive growth happening in her each day. Spirituality and yoga helped her create a balance between the family of two girls and her husband. She prays and wishes the same balance for everyone. Let's start that positive connection with your heart through yoga so you can follow your heart 😊.

Stay connected-

Website : Yogashraddha4.com

Instagram: [@yogashraddha4](https://www.instagram.com/yogashraddha4)

Pinterest: [@yogashraddha4](https://www.pinterest.com/yogashraddha4)

YouTube: [yogashraddha4](https://www.youtube.com/yogashraddha4)





Namaste, Nice to meet you

DISCLAIMER:

Yoga provides great benefits, but only you know your own body and limits. Like any exercise, please consult your health care professional with any questions or concerns before starting any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. Not all exercises in our videos are suitable for all persons. The creators of Sahaj Yog with Shraddha (Shraddha Shimpi), yogashraddha4, Shraddha Shimpi which includes all videos, classes, programs, marketing materials, social media marketing and all accompanying materials are not liable for any injury, accident, or health impairment befalling and viewer of these programs, or any individual utilizing the techniques suggested in this video. Sahaj Yog with Shraddha, yogashraddha4 is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. Sahaj Yog with Shraddha, yogashraddha4 makes no representations or warranties with regards to the completeness of information on this website or any linked websites, classes, books, videos, apps, or other products represented herein.

PS : Practice at your Own risk. Consult your doctor before starting any new exercise routines. These videos or information are there for general guidelines.

Stay connected-

Website : yogashraddha4.com

Instagram: [@yogashraddha4](https://www.instagram.com/yogashraddha4)

Pinterest: [@yogashraddha4](https://www.pinterest.com/yogashraddha4)

YouTube: [yogashraddha4](https://www.youtube.com/yogashraddha4)



**NO WARRANTIES THIRD PARTY APP:
YOU UNDERSTAND THAT
YOGASHRADDHA4 AND SHRADDHA
SHIMPI DO USE THIRD-PARTY APPS,
AND SERVICES AND DO NOT WARRANT
THAT THE SITE OR THIRD-PARTY
PROGRAMS WE USE TO OFFER OUR
SERVICES AND PRODUCTS WILL
ALWAYS BE OPERATIONAL. WE ALSO
MAKE NO REPRESENTATIONS OR
WARRANTIES OF ANY KIND AROUND
ANY OF THE CONTENT WE PRODUCE OR
SHARE ON THE SITE. YOGASHRADDHA4
DISCLAIMS ALL WARRANTIES
REGARDING ALL INFORMATION,
PRODUCTS, AND SERVICES OFFERED ON
OR THROUGH THE SITE.**



Sit still and
close your eyes



Breathe
deeply and
slowly



Be present
in the moment,
here and now



Set aside
5-10 minutes
to meditate

SIMPLE MINDFULNESS PRACTICES





Think of
3 things you're
grateful for

- ***Try doing it for 2 to 3 three breath watch twice a week***
- ***Do exercise or yoga start with 2 times a week at least be consistent then increase days.***
- ***Observe your thoughts, writing your thoughts in a diary helps.***
- ***Celebrate your small wins, small changes makes bigger impact.***

P.S.: Start your yoga journey today with Beginner to yoga Pal course-Intro to Yoga.(on demand course) more details please visit https://www.yogashraddha4.com/online_store

yogashraddha4.com



MaitriBodh Parivaar has a wide range of spiritual programs, as well as social, peace and environmental projects, designed to help individuals reconnect with their higher self. Through simple yet profound teachings, seekers have the opportunity to better understand themselves and to realize and fulfill their true life purpose. To date, thousands have participated in various global events and have experienced a vast shift in their lives, helping them bring greater harmony to themselves, their home, their community, and the world.

The selfless services of Maitriboadh Parivaar have helped me immensely during my difficult times during covid and still helping me tremendously. There programs like Bodh Level 1, Spiritual Triangle, Spiritual triangle 1 and I Listen U had made great positive changes in my life.

Recommended resources to increase your mindfulness.

You can also try doing

Maitri Sambodh Dhyaan from YouTube Channel of maitriboadh Parivaar.

Maitri Sambodh Dhyaan is one of the most effective, easy to practice and powerful meditation processes given by Maitreya Dadashreeji. Meditations at Maitribodh Parivaar aim at aligning your Mind, Body and Soul with the Universal Consciousness! This connection helps you to Bond with the Divine and receive Guidance directly from the Source.

Stay connected-

Website : Maitriboadh.org

y o g a s h r a d d h a 4 . c o m

DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO

GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?

HOW DO YOU WANT TO FEEL?

WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

Notes

GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO