



MINDFULNESS
FOR THE ABSOLUTE BEGINNER

WELLBEING WORLD

**Mindfulness
for the
Absolute Beginner
Guide Book**

This guide book must only be used in conjunction with the accompanying audio sessions.

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Introduction to Mindfulness.

Mindfulness is easy to practice and is something that we are all capable of developing and using to bring many benefits to our lives.

Life can be pretty busy and many of us might find that there are times when we are not 100% present with the current moment in time. We may find ourselves distracted by thoughts of the future or memories of the past. If we are not truly, fully engaged with our current moment in time it is difficult to appreciate it.

Developing mindfulness requires regular practice. During a practice you work to pay complete attention to what we are doing at the current moment in time, without passing any judgment. Judging or engaging with the thoughts will distract you further from your current activity.

When practicing these mindfulness sessions your mind will wander as thoughts come and go, this is totally normal and is all part of the process. When this happens, try not engage with the thoughts or pass judgment on the thoughts, just bring your focus back to the instructions and the exercise you are practicing.

The goal is to not become distracted by any of your passing thoughts, just acknowledge that they exist and then bring your attention back to the present moment in time.

With regular practice you will develop the ability to overcome distractions and therefore maintain full focus on your current activity.

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Introduction to your Mindfulness for the Absolute Beginner sessions.

Thank you for purchasing the Yoga 2 Hear Mindfulness for the Absolute Beginner CD/Download. The two easy-to-follow 20 minute guided sessions are suitable for all and should be used regularly to help you become more mindful and enjoy life more fully.

The first session is to be followed whilst in a laying position and the second is to be followed whilst seated. Both sessions contain a selection of simple techniques that encourage you to focus fully on the current moment in time and not to judge your thoughts. Each time you follow a session you will have a different experience because you will encounter different distractions and different thoughts will enter your head. This is perfectly normal and will help to develop your mindfulness.

Each session has been devised to be followed from start to finish without interruption. We suggest you set aside more than enough time for your session and find a warm, quiet area away from external distractions. If, for any reason, you find you are having difficulty concentrating on your practice, just bring your focus back to the sound of your breathing and then continue with the session.

We hope you enjoy using these sessions now and continue to do so long into the future. We are always keen to hear any comments you may have about our products and please feel free to ask Sue any questions regarding these sessions or any of the other Wellbeing World or Yoga 2 Hear sessions. Please [click here](#) to contact Sue, she will get back to you promptly.

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About the teacher - Sue Fuller.

Sue is a leading teacher of both Hatha and Sivananda yoga. She initially trained with the Sivananda Organization in Neyyar Dam, India and has since also studied in Australia, New Zealand and Thailand. She is a fully qualified Vegetarian and Vegan Nutritional Therapist and has extensively researched yoga and yoga related topics linked to her teaching, recording, writing and presenting.



Sue has studied and taught yoga, lead workshops and held teacher training courses in many countries for over 20 years. She has also attended many meditation workshops, weekends and retreats including Vipasana (10 day silent retreat) in the Himalayas. Through her studies it has become apparent that not only has Sue been practicing yoga since 1992 she has also been practicing mindfulness. During yoga the body is moved mindfully with complete focus, thoughts come and go but complete attention remains with this current moment in time and different feelings and sensations that are experienced. Sue has drawn upon her vast experience to ensure that all her guided sessions are as appropriate, achievable and effective as possible.

In addition to her teaching Sue is the resident yoga expert for Natural Health magazine, a regular writer for the Yoga Magazine and many other lifestyle publications and websites. Sue has previously devised and presented nine DVD's that are sold by major retailers around the world. Although DVD's are popular, Sue realised that well structured audio classes would be far more effective. They allow the user to focus 100% on their practice without the distraction of having to watch a screen. This benefit also makes audio classes totally portable so you can use them anywhere, anytime.

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Track.1. Introduction.

Please ensure you listen carefully to the Introduction and that you strictly follow its recommendations at all times and do not follow these sessions whilst driving.

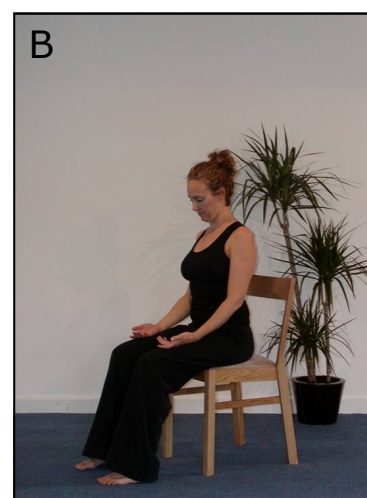
Track 2. Session 1.

Begin laying on your back with your knees bent and the soles of your feet on the floor. Position your arms alongside your body with the palms facing up. Breathe in slowly through your nose and out through your mouth (A). Continue as instructed.



Track 3. Session 2.

Begin sitting with a straight back (A). Place your feet hip width apart on the floor pointing straight forward. Place your hands onto your thighs and close your eyes. Continue as instructed.



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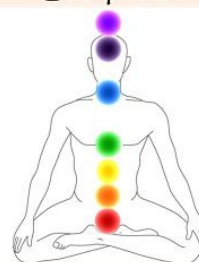
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