

# Suzette O'Byrne

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## Mind Body Challenge

1. "In the midst of movement and chaos, keep stillness inside of you." –Deepak Chopra
2. Keep a straw in your car. When you are feeling anxious or stressed, inhale through your nose and exhale through the straw. Focus on the sound as you lengthen your exhale. Within a few minutes you will feel relaxed and calm.
3. While seated, focus on your feet in your shoes or onto the floor. Feel the energy from the ground up into your feet and your feet into the ground. Use this technique to get grounded, centred and present.
4. Listen. Stop what you are doing and just listen to all the sounds around you. Let go of where the sound is coming from and if it is good or bad... Just listen.
5. "The affairs of the world will go on forever. Do not delay the practice of meditation." –Milepa
6. Lengthen your exhale. Let the inhale be spontaneous and free but gently nudge the exhale to be a little longer. This will slow down your breathing and calm the system.
7. Just observe the breath. Watch the spontaneity of the phases of the breath, the length, quality, pauses and tendency to control the breath. Isn't that interesting...
8. "Yoga teaches us to cure what need not be endured and endure what cannot be cured." –BKS Iyengar
9. "There is nothing more to BE than what you are right now." –Heidi Lauber
10. Observe your judging. Can you observe what is around you without putting anything in the good or bad pile.
11. Sit quietly and imagine your breath as a light moving from your nose to your navel and back to your nose.
12. To increase your energy, pause at the end of the inhale for a moment. Let the exhale be natural. Continue for 5 minutes and then let the breath move back to your natural, spontaneous breath. Observe your mood and breath quality.
13. To calm your energy, pause at the end of the exhale for a moment. Let the inhale be natural. Continue for 5 minutes and then let the breath move back to your natural, spontaneous breath. Observe your mood and breath quality.
14. Focus on your heart or the presence or energy of the heart in the chest. Let the feeling of love, gratitude or kindness spread from your heart throughout the body.
15. Next phone call you take, sit down and be completely with the person on the phone just listening. Do nothing else. Notice how you feel when you hang up the phone. This can be especially interesting with a telemarketer...
16. Acceptance is not passivity but a willing movement of the heart to include whatever is before it.

(continued)

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## **Mind Body Challenge** (Continued)

17. Sit with someone who is talking to you and give them your full attention. No need to respond other than be attentive. Watch your physical clues of wanting to let the other know you hear them or understand them.
18. "If you understand, things are just as they are. And if you don't understand, things are still just as they are." Zen saying.
19. "Understanding, love and intelligence happens on its own when a human being questions, wonders, listens, and looks without getting stuck in fear." –Zen teacher Toni Packer
20. Take one meal and eat in complete silence. With every bit of food, we can taste the meaning and value of our life. We can feel a deeper connection to the plants, animals and the work of the farmer(s) who help us sustain our life. We also can reflect on the people who die each day for lack of food and clean water.
21. Reflect on ways you take which is not given. Someone's time when you are late, someone's pen, calling someone when they are with their family, personal calls when at work....
22. Light a candle. A candle is a symbol of fire within and has the ability to calm the mind and heart.
23. "To the quiet mind, all things are possible." –Meister Eckhart
24. Create a special place at home for contemplation. There is no right or wrong in making a space meaningful. Be intuitive, genuine and spontaneous. It does not need to big and can change weekly, monthly or for a seasonal focus.
25. Today focus on on what you can do, not what you can not do. Reflect on what you achieve and your mood at the end of the day.
26. "True health comes from the inside out: Everything you are looking for you have right now." –Dr. Jeff Scholten
27. For one day notice any idle chatter or gossip when it occurs. Stop engaging in it and notice yours and others reactions. Notice how much conversation is around others. How do you feel in the silence? How do you feel observing it?
28. "When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities." –Deepak Chopra
29. For 2 minutes, many times throughout the day, sit with a straight spine, close your eyes and scan the body looking for tension. Find your breath and exhale into those spots.
30. Be a bee... For 2–5 minutes on each exhale, make a bee noise (mmmmmm). Inhale normally. Focus on the sound of the breath, the vibration in the neck, throat, mouth and head. Finish by noticing how you feel throughout your body and the speed of the breath.

Namaste,

## **Suzette O'Byrne**

Flow Training & Yoga

Heavens Elevated Fitness - Offsite Program Director - The Glencoe Club

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