Mindful body description

**Seated in a chair**
Legs shoulder width apart and feet resting on the ground. (Legs should not be crossed.)
Shoulders are relaxed
Straight spine as if sitting with dignity
Shoulders are relaxed and the stomach and abdomen are soft
Head is slightly tilted forward with a downward glance
Eyes can be opened and focused on a spot five feet away or eyes can be closed
Mouth relaxed and slightly open
Hands rest palms down on the thighs
Breathe in and out through the nose

**Seated on the ground**
Seated on a cushion
The spine is straight as if sitting with dignity
Shoulders are relaxed
Legs crossed in front of you
Shoulders are relaxed and the stomach and abdomen are soft
Head is slightly tilted forward with a downward glance
Eyes can be opened and focused on a spot five feet away or eyes can be closed
Mouth is relaxed and slightly open
Hands rest palms down on the thighs
Breathe in and out through the nose

**Standing**
Stand with feet shoulder width apart
Straight spine and relaxed shoulders
Arms and hands rest at the sides
Head is slightly tilted forward with a downward glance
Eyes can be opened and focused on a spot five feet away or eyes can be closed
Mouth relaxed and slightly open
Breathe in and out through the nose