



NATIONAL LATINA CONFERENCE

Mindfulness Minutes

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“The Unbroken Poem” by; Rashani

**”There is a brokenness
out of which comes the unbroken,
a shatteredness
out of which blooms the unshatterable.
There is a sorrow
beyond all grief which leads to joy
and a fragility
out of whose depths emerges strength.**

**There is a hollow space
too vast for words
through which we pass with each loss,
out of whose darkness
we are sanctioned into being.**

**There is a cry deeper than all sound
whose serrated edges cut the heart
as we break open to the place inside
which is unbreakable and whole,
while learning to sing.”**



“Sanar Mindfulness Chi-Kung Exercises for Health and Vitality”

Spinal Cord Breathing Activity Instructions:

- ❖ Stand up in a comfortable position and take a deep breath and release.
- ❖ Breathe in and open arms, hands, eyes, and arch spine expanding outwards, opening the spinal column and central channels of the nervous system.
- ❖ Exhale curling arms and spine inwards, close eyes and squeeze breath out.
- ❖ Breathe in and open arms, hands, eyes, and arch spine expanding outwards, opening the spinal column and central channels of the nervous system.
- ❖ Exhale curling arms and spine inwards, close eyes and squeeze breath out.
- ❖ Dive down towards the ground for a final stretch and empty the belly.
- ❖ Slowly come up one vertebrae at a time and take a final centering breath.



“Sanar Mindfulness Chi-Kung Exercises for Health and Vitality”

Twist and Shout Activity Instructions:

- ❖ Stand up in a comfortable position and take a deep centering breath and release.
- ❖ Start to twist the body from left to right, letting the arms and hands be loose and relaxed as they start to naturally swing with the momentum of the body.
- ❖ Continue to twist letting the arms relax and swing, start tapping the body, especially kidneys, liver, spleen, and lung points.
- ❖ This helps break up toxicity, unhealthy cells, and promotes production of stem cells.
- ❖ Continue twisting and let the arms and hands tap all sides of your body.
- ❖ Let dusty, stagnant energy fall to the ground.
- ❖ Slow down the twist gradually and softly swing the arms down.
- ❖ Take a final centering breath and release.



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Hip Circles Activity Instructions:

- ❖ Stand up in a comfortable position and take a deep breath.
- ❖ Make big, slow circles with your hips. Rotate with a sense of exploration, how much circular movement can be found where the femur bone (thigh bone) and hip cradle meet?
- ❖ Circular movement in the joints is what promotes the production of synovial fluid, the stuff that keeps joints happy and healthy!
- ❖ Slow down and make the spirals very small, localized movements.
- ❖ Spiral just the sacrum, then just the tailbone to calm the nervous system.
- ❖ This is also a great exercise if you spend a lot of time sitting down in front of a desk. It releases tension in the hips and lower back.



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Bounce on Heels Activity Instructions:

- ❖ Stand up in a comfortable position, take a deep breath feeling your feet firmly pressed to the ground.
- ❖ Start to bounce on the back of your heels slowly, until you find a good rhythm and remember to breathe.
- ❖ Let tension fall to ground, as you bounce up thru the heels.
- ❖ Feel vitality coming into your body and awakening energy.
- ❖ Bouncing can make you feel awake if you feel tired or stress through the day, this exercise can release tension in a fun way.



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Crane Neck/Turtle Neck Activity Instructions:

- ❖ Sitting comfortably in a chair.
- ❖ Extend chin and head forward and out, rolling down slowly, tuck chin and roll back up.
- ❖ Reverse for Turtle, tucking chin, roll down and extend the head to come up.
- ❖ Feel the spine release tension and the nervous system relax, activate the parasympathetic nervous system, rest and digest.
- ❖ This exercise is also good if you do a lot of work on the computer as it helps to release tension from the neck and spine.



“Sanar Mindfulness Chi-Kung Exercises for Health and Vitality”

Self-Love Hug Activity Instructions:

- ❖ Stand up in a comfortable position and take a deep breath and if comfortable close your eyes.
- ❖ Wrap your arms around yourself giving yourself a hug and rotate around fully, squeezing out internal organs, massaging from inside out.
- ❖ Take a deep breath, giving yourself a tight loving hug.
- ❖ Let the head hang and tension roll off the back, shake head gently, letting it fall towards ground.
- ❖ Slowly unwrap your arms, releasing the hug gently and slowly open your eyes.



Contact Sanar

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