

## CLIMBING STAIRS AS A MINDFUL SELF-CARE PRACTICE

Becoming aware of the stairs in front of you.

Taking a breath. Noticing that you are breathing in. Noticing that you are breathing out.

And for a moment can you feel into the posture of a *standing mountain*.

Turning your attention toward the feet on the ground and feeling into the weight of the body evenly placed on both feet.

Feeling into the length of the legs up into the torso; the expanding and contracting of the belly and chest as you breath.

Noticing the shoulders – gently moving them away from the ears and relaxing them slightly back to allow the shoulder blades to rest against the back body.

Softening here.

Checking in with arms and hands alongside the body.

Lengthening further into the neck and bringing the chin to rest in a parallel position to the ground, perhaps drawing the head slightly back so as not to jut the chin out. Bringing gentle awareness to the face, allowing the facial muscles and jaw to soften.

Coming to a sense of the crown of the head rising up towards the sky.

*A strong standing mountain.*

And then setting your intention to climb the stairs mindfully.

Offering yourself permission to climb the stairs as an act of self-care.

Moving the foot to make contact with the first step. Feeling the weight of the body rest on the foot. Noticing the sensations in the body and then with a

“care-full” attention, lifting the other foot to make contact with the next step.

Feeling the contact of the feet with the ground. Feeling into the transferring of body weight. Noting the movement of the hands, perhaps how they make contact with the handrail or wall; the position of both hands as you move.

Continue climbing one step at a time, really taking the time to feel into the body as you climb the stairs mindfully.

And as you land at the top of the staircase, pausing here and noticing the breath, the beating heart and any other sensations in the rest of the body.

Attending to any emotions that may have surfaced and curiously observing that the mind may have wandered off. Kindly returning your awareness to the present moment as you stand once again in the shape of a *strong standing mountain*.

Opening to what is here now. Breathing in, knowing you are breathing in, and breathing out, knowing you are breathing out.