



Meditations  
FOR MIND-BODY  
WELLBEING

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EMBODY  
MIND

Janet Lowndes



# Meditations

## FOR MIND-BODY WELLBEING

1. INTRODUCTION
2. MOVING RELAXATION
3. ACTIVE RELAXATION
4. EXPERIENCING THE BREATH
5. EXPERIENCING SOUND
6. DEEP RELAXATION

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# PRACTICES FOR MIND-BODY WELLBEING

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The relaxation, meditation and Yoga practices on this CD have been designed to enhance your mind-body relationship. Many experiences of everyday life can cause us to develop an unhealthy relationship between the mind and body, and as a result we often only pay attention to our bodies when they cause us pain, or when we are judging and criticising them. These practice encourage you to settle into the comfort and ease of your body, relaxing into the inner calm which is possible when we are at home in ourselves.

Everyone responds differently to relaxation and meditation practices, and from day to day you might feel differently while doing them. Please pay attention to your own experience, and modify or stop the practices if they cause you pain or distress. Meditation is a skill which takes time to develop, so explore these practices with patience and joy.

**1. Introduction** - This track introduces the practices on this CD. It is important to listen to the introduction before commencing the following practices.

**2. Moving Relaxation** - A dynamic practice designed to help you settle into the body in an active way. This is most suitable when you want to release tension from the body and you need some time to settle into relaxation. As this is an active practice, please exercise caution in the movements, practicing at a level which is appropriate for you.



**3. Active Relaxation** - This practice mentally and physically moves through different areas of the body and is appropriate for times when you are finding it difficult to settle the mind and could benefit from an anchoring practice.

**4. Experiencing the Breath** - A practice for deepening your awareness of the breath, settling the mind and deeply relaxing the body. Done regularly, this practice can assist you in developing healthy breathing practices to calm an agitated mind. The count used with the breath can be varied if you find your own pace of breathing to be longer or shorter than the count allows.

**5. Experiencing Sound** - This experiential sound practice offers a practical method of anchoring your attention in the present moment. The movement of sound on the breath allows a deeper awareness of breathing, can deeply relax the body, and also gives the mind a concrete focus to reduce the distraction of other thoughts.

**6. Deep Relaxation** - A chance to deeply relax into your body, allowing a sense of ease and calm. This is the ideal practice for times when you want to nurture the body and mind.

*If you have any questions about the practices on this CD please email Janet Lowndes: [info@mindbodywell.com.au](mailto:info@mindbodywell.com.au)*

*Information about Mid Body Well therapies, workshops and retreats can be found at [www.mindbodywell.com.au](http://www.mindbodywell.com.au)*



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