

**The OHMazing® Way  
Mindful Marker**  
February 2015



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*Connect Into One Love*

**Mindful Breathing Tip**

Heart Breathing- sit in a circle or pairs with right hand on heart and left hand on neighbor's or partner's back. Inhale so front and back of hearts expand. How does it feel to connect with someone? Notice whether your breathing changes.

**Mindful Pose Tip**

Jardin/Garden/Navasana (variation)-



Sit in circle, reach arms underneath legs and reach for partner's hands, lift one foot and if possible lift the other, sit back and *Connect Into One Love*.

**Mindful Music Tip**

*Connect Into One Love* by playing Bob Marley's *One Love* during the mindful breathing or pose tip, making family dinner together, or take a family dance hour during the weeknight.

**Mindful Book Tip**

*Connect Into One Love* with the book *One Love* by Cedella Marley by reading it as a family after the mindful breathing tip and create family poses.



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