

Exercise III: Your Movement Practice

Below there are listed a variety of movement practices for you to consider and possibly take out for a spin. Try not to use this as a checklist, pick one or two and try them. The whole point of this 'exercise' is to look inside and see how you *feel* during your time moving. Be mindful, ask questions, and don't forget to let go and enjoy.

- Boxing
- Yoga
- Soccer
- Baseball
- Football
- Tennis
- Golf
- Tai Chi
- Jogging
- Walking
- Swimming
- Bicycling
- Pickleball
- Strength Training
- Hiking
- Canoeing/Kayaking
- Paddle Boarding
- Horseback Riding
- Dance of all kinds



- Table Tennis
- Bowling
- Rock Climbing
- Ice Skating
- Skiing/Snowboarding
- Cricket
- Basketball
- Frisbee Golf

Add some of your own ideas

