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## How to Set Up a Practice

Although integrating Meditative Movement (MM) with daily life is the goal, setting aside a specific time for daily practice is very important. Here are some tips for doing this if you find it difficult.

First, pick just one practice, one you particularly enjoy; don't overload yourself by taking on more than is realistic! Once you have a regular practice established, you can consider doing more, but start small.

Initially you can just aim for 5 minutes a day; even one minute is a start! In time, you can extend the length. Daily practice is important; 5 minutes daily is better than 30 minutes every other day! It is the consistency that builds skill.

Link your practice to something you already do regularly, like brushing your teeth or making a morning coffee. For example, you could decide that, while you are waiting for the coffee to brew, you will practice basic standing. Or that when you first get out of bed, you will do the shakeout. Even the shortest practice becomes a reminder to be aware during the day, and is a seed from which a longer practice can grow.

Make a little ritual around your practice. Stand in a particular place, with a pleasant view; sit on a favorite chair or cushion; put on some unobtrusive music; listen to one of the audio files; make a little shrine with a favorite picture; burn some incense. Any of these can help establish this time and place as an enjoyable space for giving yourself something special.

Let those who live with you know what you will be doing and when. You could enlist their support in helping you establish the practice.

Do not for an instant allow guilt to enter your mind! Practice time is between you and yourself; it is something you give yourself because you want it, not something you are doing for anyone else. If you find you really can't or do not want to practice, just focus on awareness in daily life, as described in "Meditative Movement in Daily Life". If you miss a session, never mind; just do it later, or tomorrow.

There is no doubt that the more you practice, the more benefit you will get, and the more quickly you will develop the skills. We could say that 30 minutes morning and evening would be an ideal to aim for! With that amount of practice, benefits would come quickly.