MINDFUL MOVEMENT

Physical Activity that Facilitates
The Realization of the Mind

Dr. Melinda Asztalos
Independent Researcher
PhD Affiliation: Ghent University, Belgium
- Ideas
- Hypotheses
- Findings
- Eureka!
- Knowledge-base
- Progressive thinking policy makers
- Public health recommendations
Reduced Health Costs

Increased Productivity
“Mens sana in corpore sano”.

Thales

✓ brings on a blessed internal peace & confidence that soaks the soul
✓ furnishes the background of sanity, serenity & cheerfulness to life
✓ gives moral elasticity to our disposition
✓ rounds off the wiry edge of our fretfulness
✓ & makes us good-humored & easy of approach
Specific relationships between Physical Activity & Mental Health

The importance of considering gender & refining recommendations

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Physical Activity + Mental Health = Real & Powerful Connection + Complex Relationship
ENJOYMENT
WHY? HOW?
Research Findings WHY?

Good old-fashioned FUN

No “must” & utilitarian purposes
Research Findings HOW?

Individualized formula (type, intensity, etc.)

Presence in the moment of the movement
Public health policy which respects individuality?

Change that actually changes the status quo?

Really???
“Be the change you want to see in the world”.

Mahatma Gandhi
Abraham Maslow’s Hierarchy of Needs
“A theory of human motivation”

The Chakra System
The Subtle Energetic Body
Mental Health

“a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively & fruitfully, and is able to make a contribution to his or her community”

(WHO, 2007)

“a positive sense of well-being & an underlying belief in our own & others’ dignity & worth, which reflects the emotional & spiritual resilience that enables us to enjoy life & to survive pain, disappointment & sadness”

(DoH, 2001)

✓ More than no disease
✓ More than brain function
3M Mindful Movement

**Experiencing the body-mind connection**

- Neutralizing biomechanical deficiencies
- Improving kinesthetic- & body awareness

**Conscious presence in action & at rest**

- No “automatic pilot” existence
- Noticing the Observer self

**Being grounded & centered**

- Healthy distance between an individual’s true self & his or her disturbing feelings & thoughts, stiff ideas, limiting beliefs & his or her problems
- The realization of the mind = the raise of the human consciousness (i.e., the essential aspect of humanity which allows for greater contentedness & more meaningfulness in life)
3M Mindful Movement is Power & Grace
3M Mindful Movement is Safety & Efficiency
3M Mindful Movement is Harmony & Balance
Thank you for listening!
BE in all that you DO

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