



I'm not a robot

































This video of Dr. Lynn Rossey is included, with permission, as one of the main practices in the free online mindfulness course. In this version the camera follows Jenny more closely as she does the chair modification of each pose while Dr. Lynn Rossey, Health Psychologist for Healthy for Life guides you through the practice of mindful Mindfulness-Based Stress Reduction. This sequence is less demanding than the "Yoga 1" and "Yoga for MBSR with Julie Chippendale, Part 2". WARNING: Some moves may not be suitable if you have any mobility issues or injuries. Please check with your specialist to check.