

## Forms of Mind-Body Movements

- **LABYRINTH WALKING** – labyrinth is an ancient meditative tool. Labyrinth walking may be used in correctional facilities to improve coping, mental health facilities for reflection, stress reduction, and the exploration of personal wellness and be incorporated in healing gardens in cancer treatment centers. A labyrinth is unlike a maze because a walking labyrinth has one path that brings you to the center and out again, while a maze generally has multiple paths and is designed to make you lose your way. A labyrinth, on the other hand, is designed to help a person find their way physically, mentally, and spiritually.
- **PILATES** – The Pilates system created by German-born Joseph H. Pilates (1880-1967). It is a form of body work that uses controlled movements and poses to improve strength, flexibility, balance and mental concentration. Joseph Pilates developed many original exercise machines such as the Reformer, Cadillac, Wunda Chair, and Ladder Barrel, and created a bodyweight mat exercise series program consisting of 34 original poses. The original mat and apparatus based exercises can be modified to accommodate those with pain and/or injury and to challenge elite athlete.
- **TAI CHI** – T'ai Chi (also known as T'ai Chi Ch'uan or Tai Qi) is a form of traditional Chinese martial art or exercise where a series of slow controlled multidirectional movements helps to improve balance, flexibility, strength and agility, and also helps to improve mental concentration and promote relaxation. T'ai Chi is sometimes considered as a mind in action or meditation in motion. There are several styles of Tai Chi, such as the Yang (a very popular form), Chen, Wu, Hao, and Sun styles, with some forms having around 108 postures and movements (considered the long form), and other forms around 24 movements (considered the short form). The benefits of the short form includes that is it easier to learn and consumes less time. The long form on the other hand benefits a person since it is physically and mentally more challenging.
- **QIGONG** (also written as qi gong and pronounced as “chee-goong”) – Qigong is a traditional Chinese movement therapy and ancient martial art approach to healing that harnesses internal energy through movement (postures involving strength, flexibility, and balance), breathing exercises, relaxation, and meditation. Qi (breath, air, spirit) in Chinese stands for “energy of life” and gong means “work” or “practice.” Thus, Qi Gong (also known as qigong) means “working with the energy of life.”
- **YOGA** – Yoga is a science and art that has evolved over the years to be recognized for its health benefits. Yoga's aim was to primarily calm the mind and prepare the body for meditation, but in in our contemporary Western world, yoga tends to place an emphasis on the physical postures (called asanas) and coordinated breathing and less on its meditative aspects. Some teach that yoga is the skill of “effortless effort.”