




Mindfulness Ocean Adventure

Let's dive together and explore your innerU.

innerU
dive in



What did you learn from our friends the orcas?


An underwater photograph showing a vibrant scene of marine life. In the foreground, a large, yellowish-brown seaweed frond with a prominent central vein and smaller side branches dominates the right side. To its left, a bright yellow, branching structure, possibly a type of seaweed or coral, features several teardrop-shaped floats. The background is filled with various other seaweeds in shades of green and brown, set against a clear, blue water environment. The lighting is bright, creating a sense of depth and clarity.

Anchoring
with our breath.



Giant Kelp help to produce 50% of the oxygen our planet needs.



An underwater photograph showing a dense thicket of giant kelp. The kelp has long, thin, brownish-orange blades that form a large, rounded mass. The background is a deep blue ocean with some other kelp fronds visible in the upper part of the frame.

Giant kelp are anchored to the ocean floor
with roots called a holdfast.

<https://youtu.be/6ccyqjhLoA0>

An underwater photograph showing sunlight filtering through a dense field of seaweed. The sun is positioned in the center, creating a bright starburst effect and illuminating the surrounding water and seaweed. The seaweed has long, dark, ribbon-like blades that are silhouetted against the bright light. The water is a clear, deep blue color.

Practice: Let's Anchor ourselves like a holdfast.

What did you notice today?

- What did you notice when you were breathing like whales?
- How did you feel when you anchored yourself in your breath like a kelp?
- Did you notice something special about your breath?
- Which part of the body you preferred anchoring your breath to (belly, chest, nose)?
- How do you think that mindful breathing can help you in your life?

Practice for this week:

This week I invite you to practice anchoring yourself with your breath 2-4 minutes a day.

