

THE MINDFUL CALISTHENICS SESSION

Movement as meditation. Strength as awareness.

MINDFULFIT BY NJ · EPISODE 01
20 MINUTES **10** MOVES **3** BREATHWORK **0** EQUIPMENT



KEY — ● EXERCISE ● REST / RECOVERY ● BREATHWORK

SESSION FLOW

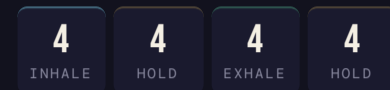
- **Opening Breathwork** 64 SEC
 01 Box Breathing · 4 Rounds · In 4 / Hold 4 / Out 4 / Hold 4
Arrive here. Your nervous system state determines everything that follows.
- **Cat-Cow Flow** 60 SEC
 02 Breath-Led · Spinal Mobilisation
Inhale opens chest, exhale rounds spine. Breathing movement into vertebrae.
- **Transition Rest** 20 SEC
 03 Check-in pause
Where is your tension? Neck? Jaw? Hands? Observe without needing to fix.
- **Thoracic Rotation** 90 SEC
 04 45 sec each side · Mobility
Move as if you are trying to see something worth seeing. Attention, not force.
- **Mindful Rest** 30 SEC
 05 Breath reset
Rest is where integration happens. Feel your heart rate without wanting it different.
- **Mindful Push-Up** 40 SEC
 06 Tempo 3-1-2 · Upper Body Strength
Three down, pause, two up. The pause is where most people escape. Stay there.
- **Active Rest** 25 SEC
 07 Shake out
Sensation in your chest is adaptation, not punishment.
- **Dead Hang / Scapular Pull** 30 SEC
 08 15 sec passive + 15 sec active · Shoulder Integrity
Hang passively, then shoulder blades down — no elbow bend. The spine is grateful.
- **Mid-Session Breathwork** 40 SEC
 09 Cyclic Sigh · 4 Rounds · Double Inhale / Long Exhale
Fastest known route to physiological calm. Fills lungs, resets nervous system.
- **Squat to Stand** 45 SEC
 10 Grounding · Lower Body + Hip Flexor
A conversation with your posterior chain — listen as much as you push.
- **Presence Pause** 20 SEC
 11 Internal check-in
Naming a state activates prefrontal cortex, reduces amygdala reactivity.
- **Lateral Lunge Reach** 80 SEC
 12 40 sec each side · Hip Mobility + Balance
Balance, strength, and attention simultaneously. Proprioceptive training.
- **Rest** 25 SEC
 13 Identity check
Did you compare yourself to some imagined standard? Return to the body.
- **Bear Crawl** 40 SEC
 14 Forward and back · Animal Movement · Core
Opposite hand and foot. Both hemispheres of the brain coordinating in real time.
- **Rest** 20 SEC
 15 Natural recovery
Let the breath settle on its own timeline. Don't rush the recovery.
- **Crab Reach** 80 SEC
 16 40 sec each side · Animal Movement · Thoracic Spine
Lift hips, reach overhead. Counter-culture for a desk-based nervous system.
- **Active Recovery** 30 SEC
 17 Two movements remaining
Gently return to this breath, this moment, this body.
- **Hollow Body Hold** 90 SEC
 18 20s on · 10s off · ×3 · Core Integration
The tension tells you where stability has gaps. Stay curious, not combative.
- **Transition** 20 SEC
 19 Final approach
Offer what you have — not more, not less. Exactly what you have.
- **Slow Mountain Climber** 90 SEC
 20 30s on · 15s off · ×2 · Integration + Cardio
One knee to chest, hold a breath, return slowly. Your whole session in one movement.
- **Closing Practice** 57 SEC
 21 4-7-8 Breathing · 3 Rounds · In 4 / Hold 7 / Out 8
Lie down. The signal your nervous system waited for: you are safe. Rest is earned.

TIME BREAKDOWN



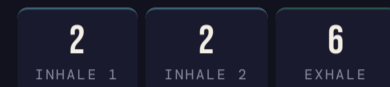
BREATHWORK PROTOCOLS

Box Breathing · OPENING



Activates parasympathetic tone before movement begins. 4 rounds.

Cyclic Sigh · MID-SESSION



Double inhale fills alveoli. Long exhale drops CO₂. Fastest physiological calm. 4 rounds.

4-7-8 Breathing · CLOSING



Extended hold saturates blood oxygen. Long exhale maximises vagal tone. 3 rounds.

AUDIO MARKERS

- BEEP × 3 3-2-1 before each transition
- SOFT CHORD Signals new block start

EVIDENCE BASE

NERVOUS SYSTEM

"Slow exhalation activates the parasympathetic nervous system, counteracting cortisol and optimising movement quality."
 Porges — Polyvagal Theory, 2011

BREATHWORK

"Cyclic sighing produces the fastest real-time mood and physiological calm shift of any breathing technique studied."
 Balben et al. — Cell Reports Medicine, 2023

ACT & MOVEMENT

"Psychological flexibility — noticing discomfort without being controlled by it — is the strongest predictor of long-term behaviour change."
 Hayes — ACT, 2011

ANIMAL MOVEMENT

"Quadrupedal patterns engage cross-lateral neural pathways — among the most neurologically demanding movements available."
 Ido Portal; Gray Cook — FMS

