



Yoga Movement Client Handbook

Somatic Embodiment Mindfulness Yoga Meditation Ascot & Surrounding Areas

Welcome

Welcome to your meditation journey with Uyen Vu Body Mind Self Awareness Practice. This handbook is designed to support your learning and help you build a consistent, effective meditation practice.

This handbook is designed to support your learning at your sessions and after your sessions and help you build an **effective practice**.

To support your experience, please read and follow the guidance below.

Guidelines for Your Practice

Go at Your Own Pace

Take your time and move in a way that allows you to notice both your inner sensations and your actions. Give yourself space for learning to deepen naturally.

Let Go of “Getting It Right”

There is no perfect way to practise. Approach each session with curiosity, openness, and self-compassion.

Focus on Comfort and Meaning

Learning is about discovering what feels appropriate and meaningful for you—not about performance.

Moments of confusion or discomfort are natural when exploring new ways of moving and paying attention. These moments often provide valuable insight into your patterns, habits, and responses.

Growth is possible at every stage of life.

Let Sensation and Curiosity Guide You

Avoid self-judgement. Keep movements:

- Precise
- Simple

Adjust When Needed

If you experience discomfort or pain:

- Reduce the size or intensity of the movement
- Make it softer and easier
- Or simply imagine the movement instead

Mental rehearsal (visualisation) is a powerful tool. It helps the brain learn and can activate similar patterns in the body as physical movement. Like any skill, it improves with practice.

Stay Curious

Vary your movement and attention. Explore rather than repeat mechanically.

- Change pace
- Shift focus
- Notice subtle sensations
- Reduce effort when strain appears

Pay attention to what feels light, pleasant, or easeful.

Rest Often

Pause whenever attention fades or movement becomes automatic. Rest is an essential part of learning. In many cases, less effort creates better results.

Trust Your Own Experience

Movements are not meant to be copied perfectly. This practice supports your personal exploration.

Allow your way of moving and being to develop naturally, combining awareness and action in a way that feels right for you.

What to Do After the Lesson

Allow Time for Integration

After practice, your brain continues forming new neural pathways that support improved movement, posture, and coordination.

Give yourself time for this process to settle.

Protect the Learning Period

New learning is sensitive. Avoid immediately returning to habitual distractions such as phone use or rushed activity.

Pause and Notice

Take a few quiet moments to observe any changes in your body, breath, or mental state. This helps strengthen learning and awareness.

Allow Integration

Let the experience settle and “soak in.” The more space you give it, the more it becomes part of your natural functioning in daily life.

Move Gently or Rest

You may choose to:

- Take a gentle walk
- Rest quietly
- Or simply sit and observe

Notice areas where you can soften, especially:

- Jaw
- Breath
- Lower abdomen

Avoid Rushing Back into Old Patterns

Give yourself time before returning to habitual ways of moving, thinking, or reacting.

Continue Noticing Over Time

The effects of practice may continue for 24–48 hours or longer. Check in with yourself regularly to support ongoing learning, self-awareness, and wellbeing.

All the very best,

Uyên Vũ

Uyên Vu Body Mind Self Awareness Practice
Somatic Embodiment Mindfulness Yoga & Meditation

Disclaimer

Uyên Vu Body Mind Self Awareness Practice – Somatic Embodiment Mindfulness Yoga & Meditation (the “Practice”) provides yoga, meditation, and wellbeing sessions for general educational and relaxation purposes only.

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You are strongly advised to consult your GP or another suitably qualified healthcare professional before participating, particularly if you have, or suspect you may have, any medical or mental health condition, injury, or other health concern.

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- You participate voluntarily and at your own risk
- You are responsible for monitoring your own physical and mental condition during all activities
- You will stop immediately and seek appropriate medical advice if you experience pain, discomfort, or distress

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No guarantees or warranties are made regarding the outcomes or effectiveness of any sessions or programmes.

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