



# Mindful Movement to Recharge and Restore

January 21, 2025

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## 1. Meaning of Restoring and Recharging

a. *Restoring* refers to the process of returning something to its original or improved state, especially after it has been damaged, lost, or depleted. In the context of health, energy, or well-being, it means recovering from setbacks, regaining balance, or rejuvenating oneself to a state of vitality.

b. *Recharging* typically involves replenishing or renewing energy, particularly when it has been drained or exhausted. This term often applies to physical, mental, or emotional energy. Activities like resting, meditating, or engaging in joy-filled pursuits can help "recharge" your energy.

Together, these processes entail healing, replenishing, and revitalizing the body, mind, and spirit.

## 2. Steps and Conditions to Achieve Restoring and Recharging

- a. Restoring can often be attained through recharging.
- b. Activating your body's energy and engaging in self-reflection are essential for recharging and restoring.
- c. Hope and dreams are vital to fostering healthy reflection and a positive outlook.

## 3. Three Reflections for Restoring.

Restoring involves addressing your:

- Mental well-being
- Physical well-being
- Social well-being

## 4. Exercises for Recharging and Restoring

- a. Body tapping
- b. Breathwork
- c. Meditation

## 5. Experiences During the Recharging and Restoring Process

- a. You may experience negative thoughts surfacing as part of the release process.
- b. Fresh energy enters the body, helping to release stagnant energy.

6. **Suggestions for Restoring and Recharging**
  - a. Body tapping: 1–5 minutes
  - b. Breathing and feeling energy: 1–5 minutes
  - c. Meditation: 1–5 minutes