



# MindBody Tennis





*Play Your Way*



*everything you need to  
know about MBT*




# why MBT?

**MBT is for you if you  
want these results:**

-  **I am able to relax on court when I'm tense.**
-  **I am able to adapt on court when I'm being challenged.**
-  **I am able to disrupt emotional spiraling on court.**
-  **I am able to practice more successfully than ever before.**

# how? show me the way!

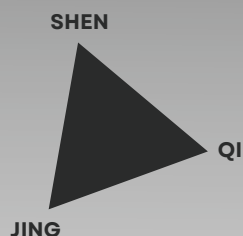
**MBT Clinics are weekly drop-ins  
which always feature 3 parts:**

-  **Moving Meditation**  
Scan your body for **Sensation** and **Movement** while you do a full match warm up.
-  **Skill Development**  
Learn to **control what you can**, and to see the limitations and abilities of others.
-  **Practice Under Pressure**  
Learn to **let go of what you cannot control**, and reorient towards what you can.

# what do I have the power to change?

Many things are outside of our control, but we do have control over these:

## THE 3 TREASURES



In Taoist epistemology, the 3 Treasures are the fundamental aspects of all life. When you adjust one, they all change.

### Jing (Physical)

#### HOW IS MY BODY FORMING?

- Coordination
  - Posture and Movement
  - Rhythm
  - Yin or Yang

### Qi (Energy)

#### HOW AM I FEELING?

- Contacting
  - Listening/Sensing
- Cultivating
  - Visualizing/Imagining
- Channelling
  - Breathing
  - Directing

By cultivating the Treasures, we create a skillful presence on court that goes beyond shot-making and strategy.

### Shen (Spirit)

#### HOW AM I ATTENDING?

- Yi (Mind/Attention)
  - Direction
  - Quality
    - Yin or Yang
- Heart (Intention)
  - Personal/Relational

## how we PRACTICE

- ☯ **One Focus:** focus intently on cultivating one skill at a time
- ☯ **Awaken Your Inner Coach:** engage in the learning process of others
- ☯ **Play/Pause:** set the tone and pace of your time on court

## how we PROCESS

- ☯ **Notice** when challenges to your One Focus arise
- ☯ **Inquire** about the challenges to find a way without spiraling

### How to Inquire:

Ask:

*What is occurring in my Jing/Qi/Shen?*

then ask:

*What happens if I adjust my Jing/Qi/Shen in this one way?*

## The 5 Values

**Curiosity:** MBT is a space where we question what is normally assumed.

**Persistence:** in MBT spaces, failure is how we know we are on the right path; it is a sign to keep on.

**Sincerity:** MBT relies on the genuine participation and honesty of all present.

**Sanctuary:** MBT is a space that welcomes you as you are, especially the parts of you that are normally outcast.

**Community:** MBT is a space where we are all on the same team.

*Try for FREE today!*  
*Email Houston Poem*  
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TENNIS FOR EVERYBODY