Online Resource I.I • Mindful Reflection

L.		MINDFUL REFLECTION
	1	What are you hoping to get out of implementing a yoga-mindfulness-meditation practice? For yourself? For your students? For your school?
	2	What are you most excited about?
	3	. How will you use these guiding principles to support you in your journey?

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.