

MY YOGA-MINDFULNESS-MEDITATION STARTING POINT

Identify your level of expertise.	
☐ Beginner	
□ Intermediate	
□ Advanced	
How much time do you want to devote to your practice?	
□ 5–10 minutes daily	
□ 20–30 minutes daily	
□ 40–60 minutes daily	
☐ I am not sure if I can find time daily but will aim for 2–4 times a week.	
Where will you conduct your practice?	
□ I have a dedicated space (room, corner of a room).	
☐ I can easily make space.	
☐ I will practice at a studio or my school.	
 Do you prefer to use music as part of your practice? 	
□ Yes	
□ No	
If Yes, see Chapter 4 for more information on suggested music and apps.	
What will your practice be?	
☐ A combination of breath work, yoga, mindfulness, and meditation	
☐ Primarily breath work	
□ Primarily yoga	
☐ Primarily mindfulness	
☐ Primarily meditation	

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.