



MINDFUL REFLECTION

1. How comfortable are you with your own yoga and mindfulness practice? Are you using it for your own self-care?
2. Review recommendations for breath, movement, and meditation from this chapter. Where will you start? Try to select one of each.
3. If you are a beginner, start with one to three things, do a daily practice for 40 days, then answer this question: Did you become more comfortable?