

MINDFUL REFLECTION

I. 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?

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.