



## MINDFUL REFLECTION

1. Consider what you need to do to prepare to teach. Do you need additional materials? How will you open and close your sessions? How will you help students stay engaged and handle possible disruptions?
2. What are two or three additional ideas or practices from this chapter that you would like to implement with your students farther down the road? What do you need to do, or how do you need to prepare, to build these elements into your yoga-mindfulness-meditation practice with students?
3. What is one challenge you anticipate encountering as you begin practicing yoga-mindfulness-meditation with your students, and how might you respond to that challenge?