

MY YOGA-MINDFULNESS-MEDITATION READINESS TO TEACH

When it comes to your readiness to teach, we urge you to "begin where you are and do what you can." You can do much to help alleviate stress and uplift your students through your teaching.

Here are a few questions for your reflection:

1.	I feel most prepared to teach which of the following?
	□ Yoga
	Mindfulness
	Meditation
2.	You can teach what you have practiced and what you love about the practices.
	☐ What have you practiced? Where is your comfort zone?
	□ What do you love about your practice?
	☐ When you sit quietly, what insights do you gain about how to teach?

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.