

HOME PRACTICE

| Practice conscious, heart centered, or long deep breathing for at least 3 minutes at a time, twice per day. |
|---|
| When you are ready, practice Breath of Fire or alternate nostril breathing each day. |
| Practice the heart centered exercises several times a week. |
| Practice the heart centered meditations at least once per day. |
| For optimum results, do all three: first breathing, then exercise, then meditation. |
| Practice your own selected mindful activity. Note your observations and reflections in the following space. |
| |
| |
| |
| |

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.