

YOUR REGULAR PRACTICE

Review the yoga-mindfulness-meditation practices that you have encountered so far in this book—with a focus on Chapters I–6. Identify ones that you want to focus on—either because you love them and want to do more with them or because you believe practice will be beneficial.

- Which yoga-mindfulness-meditation practices from previous chapters did you select for your focus?
- Review the yoga-mindfulness-meditation sequences in this chapter and practice each of them.
- Now examine this chapter and choose one breath, one yoga posture or set, and one meditation to practice for at least 7 to 10 days.
- Set up a time for practice. Begin your practice and keep a log, noting changes in your body, breathing, emotions, and mindset.

Observations and Reflections						

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.