



MINDFUL REFLECTION

1. Consider how you can use this chapter to develop your own confidence in teaching yoga-mindfulness-meditation. Which postures, breaths, kriyas, or meditations will be the focus for your own practice?
2. Identify two or three students who seem to have the greatest need to develop their own self-confidence. Which postures, breaths, kriyas, or meditations in this chapter might be most helpful for each of these targeted students?
3. Developing student leadership is one way to develop self-confidence. Are there students in your class who might be good candidates for becoming yoga-mindfulness-meditation leaders? (*Note: Sometimes this is a perfect avenue for developing leadership for students who may lack self-confidence; it isn't always the most competent students who become the best leaders.*)