

HOME PRACTICE

•	Select one breath,	one warm-up.	one kriva	and one	meditation
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• Over the next month, practice these several times per week.

• Observe changes in your body, thoughts, or emotions. Perhaps even keep a log.

• Reflect on resilience. Did you note any changes in your resilience during this past month?

*Remember you can build up to a full practice; perhaps beginning with only a few steps of one of the longer kriyas.

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.