

 **WHY PERSONAL PRACTICE?**


Practicing, little and often, and embodying well-being ourselves, inspires our families / communities to also find well-being.


 **RESOURCES:** JEN B YOGI: <https://www.jenbyogi.com/> jenbyogi@gmail.com

JEN B YOGI YOUTUBE: <https://www.youtube.com/channel/UCy84oa7ttKyR5BibSErITBw>

STEPS TO BUILDING A LASTING MEDITATION PRACTICE:

<https://www.yogajournal.com/meditation/build-meditation-practice-richard-miller/>

 **SITTING MEDITATION: PERSONAL PRACTICE GUIDE:** settling in eyes opened / closed / gazing softly; (*if it feels right, noticing CHIME, vibration, sound, being Present with it until the very last moment); bringing one hand to belly, one hand to chest, sensing their weight, temperature; taking three of the deepest breaths today, taking your time, feeling belly & chest rise & fall at your own pace; setting an intention for your day, repeating it 3x; being Present with your breath, felt sense of rising & falling of belly & chest; if your mind naturally wanders gently coming back to breath without any judgement; gently come back to weight of the hands & felt sense of the breath; noticing chime again; returning to wakened state; all the while allowing the felt-sense of well-being, calm, & ease to remain with you throughout your day

 **REFLECTION:** to develop your own personal practice / routine / ritual / habit, reflect after each meditation practice, notice guiding patterns for feeling well-being, calm, & ease (e.g. before starting day; sat on cushion; intention for openness; slowly tuned-in to sounds; body gradually awakened; noticed thinking; returned to breath; felt whole, timeless, spacious)

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____



RESOURCES: TARA BRACH: <https://www.tarabrach.com/courses/mindfulness-daily/>
ELISHA GOLDSTEIN: <https://elishagoldstein.com/ecourses/basics-of-mindfulness-meditation/resources/>
PEACE IN SCHOOLS: <https://www.peaceinschools.org/online-courses>



SITTING MEDITATION: FAMILY PRACTICE: What helps you feel well-being, calm, & ease?



RESOURCES: INSIGHT TIMER: <https://insighttimer.com/>
HEADSPACE: <https://www.headspace.com/meditation/kids>
CALM: <https://www.calm.com/schools>
SMILING MIND, THRIVE INSIDE : <https://www.smilingmind.com.au/thrive-inside>



YOGA / MOVEMENT: PERSONAL PRACTICE: What helps you feel well-being, calm, & ease?



RESOURCES: YOGA WITH ADRIENE: <https://www.youtube.com/user/yogawithadriene>
FIGHTMASTER YOGA (LESLIE): <https://www.youtube.com/channel/UCcox27Gc-NGbb2-X9hdLaMw>



YOGA / MOVEMENT: FAMILY PRACTICE: What helps you feel well-being, calm, & ease?



RESOURCES: KIDS YOGA STORIES: <https://www.kidsyogastories.com/>
THE MYNDFUL MOVEMENT PROGRAM: <https://www.kidsyogastories.com/chair-yoga-poses/>
GO NOODLE: <https://www.gonoodle.com/>
TVOKIDS HEALTH AND ARTS: <https://www.youtube.com/channel/UCHcFJHZWvX6XtSc9TvVu0mA>
COSMIC KIDS: <https://youtu.be/EJNOsvTnR1k>




iREST® GUIDED PRACTICE: PERSONAL AND FAMILY PRACTICE: What helps you feel well-being, calm, & ease? _____



RESOURCES: JABUMIND: <https://jabumind.com/>
iREST®: <https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>
<https://www.irest.org/live-stream-sangha-sessions-richard-and-stephanie>


WHY PERSONAL PRACTICE ?

Like everything we learn, we need to practice, little and often, so our minds and bodies remember what it feels like to be healthy, joyful, and peaceful.
 We inspire our families / communities to also find health, joy, and peace.

 **SITTING MEDITATION GUIDE:** *Do whatever feels good in that moment.

 Eyes open / close / gaze softly.


 Notice CHIME, feel vibration, listen to sound, until it fades away.

 Bring one hand to belly, one to chest, feel if they are heavy / light / warm / cold.


 Take three deep breaths, take your time, feel belly & chest rise & fall.

 Say goal / intention for your day, repeat it 3x.

 Feel your breath, where & how it goes in & out of your body.


 If your mind naturally thinks, gently come back to breathing, feeling hands, or feeling breath going in & out of your body, repeat for a while.

 Notice CHIME, feel vibration, listen to sound, until it fades away.

 Eyes open & close, feeling wide awake.






 Let health, joy, and peace follow you into your day.


 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?






 Draw what or how you felt BEFORE the practice.
 (*include your surroundings)


 Draw what or how you felt AFTER the practice.

Write / CIRCLE any details you noticed or remember.


Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____

 Health / joy / peace

Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____






 Health / joy / peace


 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?






 Draw what or how you felt **BEFORE** the practice. (*include your surroundings)


 Draw what or how you felt **AFTER** the practice.






Write / CIRCLE any details you noticed or remember.


Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____






 Health / joy / peace


Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____






 Health / joy / peace


Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____

 Health / joy / peace

Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____


 Health / joy / peace

Date _____ Time _____
 Eyes opened / closed / gazing
 CHIME  Breath
 Hand heavy / light / warm / cold
 Goal / intention _____

 Health / joy / peace

 **CONCLUSION:** What helps your mind and body to remember health, joy, and peace?


 **YOGA / MOVEMENT GUIDE:** *Do whatever feels good in that moment.

 Find a comfortable position. Tune into your body. What do you notice?

What parts feel still / tense / comfort / discomfort?


     Open your senses. What do you see / hear / smell / taste / touch?

 Tune into your body. What is your body asking of you today, energetic movement / slow movement / extension / contraction / relaxation?

 Bring one hand to belly, one to chest, feel if they are heavy / light / warm / cold.

 Say goal / intention for your day, repeat it 3x.

 Feel your breath, where & how it goes in & out of your body.

 Give each of your body parts what they are asking for, energetic movement / slow movement / extension / contraction / relaxation? Keep breathing.

 Find a comfortable position. Tune into your body. What do you notice?


What parts feel still / tense / comfort / discomfort?

 Feel your breath, where & how it goes in & out of your body.

 Say goal / intention for your day.












 Let health, joy, and peace follow you into your day.












 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?

 Draw what or how you felt BEFORE the practice. (*include your surroundings)























 Draw what or how you felt AFTER the practice.

Write / CIRCLE any details you noticed or remember.


Date _____ Time _____
 Still / tense / comfort / discomfort
     See/ hear/ smell/ taste/ touch
 Energetic movement / slow movement / extension / contraction / relaxation
 Hands heavy / light / warm / cold
 Goal / intention _____
 Breath  Health / joy / peace

Date _____ Time _____
 Still / tense / comfort / discomfort
     See/ hear/ smell/ taste/ touch
 Energetic movement / slow movement / extension / contraction / relaxation
 Hands heavy / light / warm / cold
 Goal / intention _____
 Breath  Health / joy / peace

 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?

		Date _____ Time _____  Still / tense / comfort / discomfort     See/ hear/ smell/ taste/ touch  Energetic movement / slow movement / extension / contraction / relaxation  Hands heavy / light / warm / cold  Goal / intention _____ <hr/>  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort     See/ hear/ smell/ taste/ touch  Energetic movement / slow movement / extension / contraction / relaxation  Hands heavy / light / warm / cold  Goal / intention _____ <hr/>  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort     See/ hear/ smell/ taste/ touch  Energetic movement / slow movement / extension / contraction / relaxation  Hands heavy / light / warm / cold  Goal / intention _____ <hr/>  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort     See/ hear/ smell/ taste/ touch  Energetic movement / slow movement / extension / contraction / relaxation  Hands heavy / light / warm / cold  Goal / intention _____ <hr/>  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort     See/ hear/ smell/ taste/ touch  Energetic movement / slow movement / extension / contraction / relaxation  Hands heavy / light / warm / cold  Goal / intention _____ <hr/>  Breath  Health / joy / peace


 **CONCLUSION:** What helps your mind and body to remember health, joy, and peace?


 **iREST® GUIDED PRACTICE** *Do whatever feels good in that moment.


 **Find a comfortable position. Tune into your body.**


 **Eyes open / close / gaze softly.**


 **Feel your breath, going in & out of your body.**

 **Open your senses. See / hear / smell / taste / touch.**

 **Let health, joy, and peace follow you into your practice.**

 **Notice if a message / feeling / emotion / thought comes into your practice, naturally.**


 **Listen / feel what is being said to you in the iRest® Guided Practice.**

 **Tune into your body.**

 **Eyes open & close, feeling wide awake.**

 **Let health, joy, and peace follow you into your day.**


 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?


 **Draw what or how you felt BEFORE the practice.**
 (*include your surroundings)


 **Draw what or how you felt AFTER the practice.**


Write / CIRCLE any details you noticed or remember.


Date _____ Time _____



 Still / tense / comfort / discomfort

 Eyes opened / closed / gazing


 See/ hear/ smell/ taste/ touch


 Goal / intention _____


 Message / feeling / emotion / thought


 Breath  Health / joy / peace


Date _____ Time _____



 Still / tense / comfort / discomfort

 Eyes opened / closed / gazing


 See/ hear/ smell/ taste/ touch


 Goal / intention _____


 Message / feeling / emotion / thought


 Breath  Health / joy / peace


Date _____ Time _____



 Still / tense / comfort / discomfort

 Eyes opened / closed / gazing















































 See/ hear/ smell/ taste/ touch

 Goal / intention _____

 Message / feeling / emotion / thought

 Breath  Health / joy / peace

 **REFLECTION:** What helps your mind and body to remember health, joy, and peace?

 Draw what or how you felt BEFORE the practice. (*include your surroundings)	 Draw what or how you felt AFTER the practice.	Write / CIRCLE any details you noticed or remember.
		Date _____ Time _____  Still / tense / comfort / discomfort  Eyes opened / closed / gazing      See/ hear/ smell/ taste/ touch  Goal / intention _____ <hr/>  Message / feeling / emotion / thought  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort  Eyes opened / closed / gazing      See/ hear/ smell/ taste/ touch  Goal / intention _____ <hr/>  Message / feeling / emotion / thought  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort  Eyes opened / closed / gazing      See/ hear/ smell/ taste/ touch  Goal / intention _____ <hr/>  Message / feeling / emotion / thought  Breath  Health / joy / peace
		Date _____ Time _____  Still / tense / comfort / discomfort  Eyes opened / closed / gazing      See/ hear/ smell/ taste/ touch  Goal / intention _____ <hr/>  Message / feeling / emotion / thought  Breath  Health / joy / peace

 **CONCLUSION:** What helps your mind and body to remember health, joy, and peace?
