




 **WHY PERSONAL PRACTICE?** Practicing, little and often, and embodying well-being ourselves, inspires our communities to also find well-being.

 **RESOURCES:** OISE WELLNESS: https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html
ORSS MINDFULNESS PRACTICE: https://www.oise.utoronto.ca/orss/Mindfulness_Practice.html
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>
WELLEMENTAL: <https://www.wellemental.co/>
CCM: <https://www.wccm-canada.ca/meditation-with-children>
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://myndfulmovement.com/>
GO NOODLE: <https://www.gonoodle.com/>
TVOKIDS HEALTH AND ARTS: <https://www.youtube.com/channel/UChcFJHZWvX6XtSc9TvVu0mA>
COSMIC KIDS: <https://youtu.be/EJNOsvTnR1k>
THESE ARE THE 20 BEST SONGS TO WAKE UP TO, ACCORDING TO SCIENCE:
<https://amp.mindbodygreen.com/articles/these-are-the-20-best-songs-to-wake-up-to-according-to-science--22415>

 **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>

**Thank you for attending the OISE Wellness Mindful Teacher Lunch & Learn session entitled:
*Jen Baradi, The Mindful Teacher.***

We hope you enjoyed the session and were able to learn some valuable information to help cultivate your health and wellness.

If you have any questions for Jen, please feel free to reach out to her. You can find her with the following links:

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 jenbyogi@gmail.com

   @jenbyogi

 https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html