

[References: Jack Miller (OISE professor); Richard Miller & Stephanie Lopez (iRest.org)]

MEDITATION / MINDFULNESS: 🧘 By practicing little & often, one develops a (new) habit of being present in each moment with non-judgemental awareness & is able to nurture ease & well-being; “Once learned, iRest becomes a set of tools for life.” Dr. Richard Miller

WHEN: 🧘 Whenever you have the most energy or when you need to find ease (e.g. on the bus, walking, first thing in the morning, during recess / breaks, around a stressful moment, before bedtime); start with a couple of minutes, using a timer, & gradually work up to 20 minutes & beyond

HOW: 🧘 **SANKALPA:** Heartfelt Desire / contribution / purpose; Intention for each practice, that supports Heartfelt Desire; Inner Resource / Visualization / safe refuge / helps cultivate feeling secure & at ease (e.g. to greatly & gratefully serve; to be confident & connected; beach, soft sand, cool breeze, warm sun, sea air, waves lapping; calm, peace, joy, okness; shoulders relaxed, belly released, warmth emanating from heart)

🧘 **PRANAYAMA / BREATHING:** observing a detail (e.g. notice belly rising & falling); using a mantra (e.g. inhale ‘let’ & exhale ‘go’); counting (e.g. inhale 4, pause 4, exhale 6; relaxes parasympathetic nervous system)

🧘 **BODY SCAN:** noticing / sensing / contracting / relaxing body parts, especially the face, hands, & feet (where there are many nerve endings)

🧘 **LOVINGKINDNESS:** sending from the heart, to oneself & to further distances geographically / emotionally (e.g. May I be well, happy, & peaceful. May my loved ones be well, happy, & peaceful. May my students, their families, & the school community be well, happy, & peaceful. May all people & living creatures etc.)

🧘 **SANKALPA:** intention for each practice (e.g. calm) _____

heartfelt desire / contribution / purpose (e.g. gratefully serving) _____

inner resource / visualization / safe refuge / helps cultivate the feeling of being secure & at ease

Detailed description of place, experience, imaginary refuge (e.g. forest with crunching leaves, scent of pine, cool wind, textured bark, & soft soil)

Word/s (e.g. ease, tranquility, okness) _____

Felt sense in the body (e.g. warmth emanating from the heart) _____
