




 **WHY PERSONAL PRACTICE ?** Practicing 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](https://www.oise.utoronto.ca/wellness/Weekly_Practice/index.html)  
ORSS MINDFULNESS PRACTICE: [https://www.oise.utoronto.ca/orss/Mindfulness\\_Practice.html](https://www.oise.utoronto.ca/orss/Mindfulness_Practice.html)  
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 calm & ease to remain with you throughout your day

 **REFLECTION:** to develop your own personal practice, routine, ritual, habit, reflect after each meditation practice (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)

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TUES \_\_\_\_\_

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 **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: COMMUNITY PRACTICE:** \_\_\_\_\_  
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 **RESOURCES:** INSIGHT TIMER: <https://insighttimer.com/>  
HEADSPACE: <https://www.headspace.com/educators>  
CCM: <https://www.wccm-canada.ca/meditation-with-children>  
CALM: <https://www.calm.com/schools>  
WELLENTAL: <https://www.wellemental.co/>


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

 **YOGA / MOVEMENT: COMMUNITY PRACTICE:** \_\_\_\_\_  
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 **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 COMMUNITY PRACTICE:** \_\_\_\_\_  
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 **RESOURCES:** JABUMIND: <https://jabumind.com/>  
iREST®: <https://www.irest.org/live-stream-sangha-sessions-richard-and-stephanie>  
<https://www.irest.org/recorded-sangha-sessions-richard-and-stephanie>