

WHY YOGA / MEDITATION / IREST®? Practicing, little and often, we may right away feel greater focus & concentration, physical comfort, as well as greater ease, self esteem & self-awareness

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/UCy84oa7ttKyR5BlbSErITBw>

STEPS TO BUILDING A LASTING MEDITATION PRACTICE:

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

BODY SENSING GUIDE: Do whatever feels good in that moment.


 Find a comfortable position (reclining / lying down / moving).

 Eyes gazing / opened / closed.

 Notice if the mind naturally wanders / thinks.

    Bring attention to the surroundings. See / hear / touch / taste / smell.

 Adjust the body to bring okness / ease in the body & mind.

 Squeeze & then notice physical sensations in the face and body: (jaw / mouth / nostrils / ears / eyes / forehead / scalp / back of the head / entire face & head); (neck / shoulder / arms / hand / fingers / spine / chest / belly / entire torso); (pelvis / hips / legs / feet / toes / entire lower half); (entire front of the body / back / left side / right side / inside / on the surface / whole unified body)

 Welcome every experience, feeling calm / ease.

  Notice sensations / thoughts / emotions arising / expanding / dissipating in their own time, revealing okness / calm / ease.

 Transition from the practice (moving / stretching / wiggling, sighing / yawning).

 Allow okness / calm / ease to follow you into your day.

 Eyes open & close, feeling wide awake & alert.

REFLECTION: To develop your own personal practice / routine / habit, reflect after each practice, notice guiding patterns for feeling okness / 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 body sensing; felt whole, timeless, spacious)

MON _____

TUES _____

WED _____

THURS _____

FRI _____

SAT _____

SUN _____

What helps you feel okness / calm / ease ? _____

● **SPECIAL PLACE TOOL:**

1. IMAGERY: Visualize, list, & enliven imagery, using 5 senses. (e.g. being at the beach, soft sand, cool breeze, warm sun, sea air, waves lapping):

2. WORDS: What word/s might accompany this image & upon hearing them bring the most well-being? (e.g. okness / peace / calm): _____

3. FELT-SENSE: Where is this felt-sense of well-being in your physical body? (e.g. relaxation of the jaw, deep breath in the body): _____

● **PURPOSE / HEARTFELT MISSION TOOL:** By visualizing and feeling, answer these questions. Which feel the most important to you?

-What are my patterns of service, volunteering, work? _____

-What are my unique interests, abilities, skills? _____

-What have people appreciated about me? _____

-What would I happily do for free if I could? _____

-Circle words / phrases. Develop a statement that represents your Purpose / why for this lifetime; a concrete statement / phrase, in present tense, using senses (seeing, hearing, sensation / feeling) (e.g. -Radiating love and joy to myself and others.):

● **INTENTION:** Set Intention / why for this moment / practice / day; a concrete statement / phrase, in present tense, using senses (seeing, hearing, sensation / feeling) (e.g. *-I observe the conditioned belief, I'm not good enough.*):

Thank you for attending the MHR session entitled: *Jen Baradi, Thriving Toolkit*.

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

Please visit her website to download the handout filled with resources, guides, and reflection spaces from this workshop.

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

 jenbyogi@gmail.com

   @jenbyogi

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