

Start Class with a MINDFUL MINUTE

Help set the tone by fostering a sense of caring, connection, concern, and community at the start of every class.

TUNE IN

Direct each person to observe their breath. Notice the breath without trying to change it. Be aware of where the breath is mostly easily detected in the body. Pay attention to all sensations of the breath, getting really curious about the breath.

1 GOOD THING

Direct each person to make a mental note of one good thing from earlier today or yesterday, especially searching for small positives that have been overlooked. Take a few moments to reflect; notice how it feels in the body to bring this good thing to mind.

SUN BREATHS

Direct everyone to stand up! With each breath in, turn the palms up and circle the arms out wide and overhead; with each breath out, turn the palms down as the arms lower slowly. Continue to coordinate this sun movement with the in-out breath, repeating 3-5x.

5 SENSES

Direct each person to use their senses to notice:

- 1 thing they see
- 1 thing they hear
- 1 thing they feel/touch
- 1 thing they smell
- 1 thing they taste
(or, wiggle the tongue/jaw)