

Guided Meditation 2 Worksheet

Instructions

After viewing Lyra's Guided Meditation video #2, reading the Accompanying Handout (Including the articles and further resources), write or type your responses to the following three questions. Either scan or save your completed worksheet as a PDF. Email the PDF to Golda Dopp Ovalles at golda.ovalles@utahmoca.org. Golda will email you a certificate of completion as proof of participation, which you will need when applying for Reimagine credit.

When did you view this mindfulness video?

DATE:

TIME:

For what school or organization do you teach for?

How many students do you teach?

Cultivating flexibility

1. Describe Lyra's explanation for WHY breath is so important and powerful.
2. What did you learn from the article by Rick Chillot? (*Included on Accompanying Handout)
<https://www.psychologytoday.com/us/articles/201303/the-power-touch>
3. Describe how your body felt while doing the 4-4-6-2 practice...