



Risen Rebel Yoga

Tips for Educators



Simple Mindfulness Exercise For Focus

A Simple Mindfulness Practice Script

1. Please get into your mindful bodies.
2. Place your hands on your lap
3. Let your eyes close
4. Let your whole body get still and quiet
5. As you listen to the sound of the bell
6. (Ring Bell)
7. Put one hand on your anchor spot (belly, heart, cheeks)
8. Please feel your mindful breathing, breathing in and out focusing your attention on your anchor spot
9. Ring bell again after 1-3 minutes)