

STEPS TO MEDITATION

Place a check next to each item that you want to focus on, then mark each day that you succeed.

Weekly Goals	✓	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Energize								
2. Relax								
3. Posture								
4. Diaphragm								
5. Tense & Relax								
6. Breathe								
7. Concentrate								
8. Visualize								
9. Absorb								
10. Include								
11. Transition								
12. Reclaim								

- Energize:** Energetically move the body to get rid of lethargy (e.g. the Awake & Ready Exercises).
- Relax:** Practice a few yoga postures, for example the full yogic breath and end with deep relaxation (visualize light and peace flowing up through every body part, beginning with the feet).
- Posture :** Sit upright in a relaxed, but alert position (cross-legged, kneeling bench, cushions, or chair).
- Diaphragmatic Breathing:** Make sure your stomach and abdomen are relaxed to enable deep breathing.
- Tense & Relax:** Inhale slowly; hold the breath and tense the whole body; exhale and relax.
- Breathe with Even Counts:** Inhale 8 counts, hold 8 counts, and exhale 8 counts.
- Concentrate:** Watch the breath, first in the stomach, then the nose, and finally at the point between the eyebrows. Add a mantra to deepen concentration.
- Visualize:** Expand a light gradually from the point between the eyebrows outward to all creation.
- Absorb:** At the end of your meditation, sit quietly and enjoy the experience of peace and harmony.
- Include:** Mentally include your students in this vibration of peace.
- Transition:** When you end your meditation, engage in some simple activity like sweeping or washing dishes.
- Reclaim:** Stop during the day to reclaim this experience of peace.

Name: _____ Week of _____ Time(s) of Day _____ Length _____