

THE MINDFUL MINUTE

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THE BASICS



- Doctrinal & Clinical Seminar Class
- In Person & Virtual
- Tools: meditation bell and/or [Insight Timer App](#) [Free]
 - “Kangse” Bell
 - I Minute
- “A Grounding Exercise”
- Learned & Borrowed from Former EBCLC ED, Tirien Steinbach

GROUNDING EXERCISE



GUIDED EXERCISE

- 1440 minutes in a day
- Transition into class
- Invite students to join, sit upright if able
- Stretch/shrug (if able) [close laptops]
- Close eyes or hold a soft gaze
- Bell at the beginning, bell at the end
- Focus on breath: in/up/sky + out/down/ground
- Post-exercise Q: short or long?

