

## Mindfulness Matters: Personal and Classroom Applications

Mindfulness is a word that can conjure up images of challenging yoga poses, trips to far away places and silent retreats. The truth is, mindfulness is a way of being that, while rooted in the traditions of yoga and meditation, can be found in many short, highly accessible activities that you and your students can easily do each day. Practicing mindfulness lowers blood pressure, increases relaxation and attention, decreases reactivity, and helps to manage stress levels. In this workshop, we will explore and practice a variety of mindful activities and participants will leave with a tool box of resources for their personal and classroom use.