



Questions for Session 1

Setting an intention

Setting an intention for the course is important for your personal self-development, your teaching mediation practice, and for the development of your professional work as a Connected Kids Tutor.

These intentions will help you stay motivated to complete the training and take this out into the world.

- Personal Self Development – what is my intention for taking this course – summarise this in ONE WORD (it may help to mediate about this first).

Your meditation practice

- Reflect on these questions as we'll discuss some in class
- How often do you meditate?
- What type of meditation style do you practise?
- How long do you meditate for in a single session?
- Do you practise meditation while doing another activity – if so... what? (eg mindful walking)
- How do you choose how/when you are going to meditate (eg intuitively or structured)?

Chakra awareness

After practising the chakra meditation please note...

... any thoughts/feelings/sensations in the body that you observed.

Practical questions

Please make a note of any practical questions you have about teaching children meditation so you can bring these to class.