Mindfulness Challenge Rules:

* It runs for 1 week total beginning Monday, September 9th and ending Sunday, September 15th at midnight.
* You must tally your minutes spent in mindfulness practice and fill in the sheet to hand in to me.
* Your goal is to spend 10 minutes in mindfulness practice daily. You can do any of the exercises I have taught you in yoga: breath exercises, visualization or I AM thoughts.
* I will only be taking your water challenge sheets until next Friday, September 20th (you can hand them in at Zen with Jen in Friday yoga or get them to me before if you know you won’t be there). I will hang up a manila folder for you to place them in again.
* I will then take all of the entries that have met their minutes of mindfulness goal for the week into the drawing. We will have three winners.

**Breath exercises:**

Inhale for a count of 3, hold for 2, exhale for 3

Inhale for 4, exhale for 5 (SUPER good for stress relief)

**Visualization:** Visualizing a race, or visualizing a relaxing experience/place

**I AM:** Inhale while you say in your mind, “I AM” and exhale your breath with the thought of something you need more of in your life at the moment.

For example, “I AM (inhaling), STRONG (exhaling)”

“I AM (inhaling), AT PEACE (exhaling)”

“I AM (inhaling), CONFIDENT (exhaling)”

Good luck everyone!