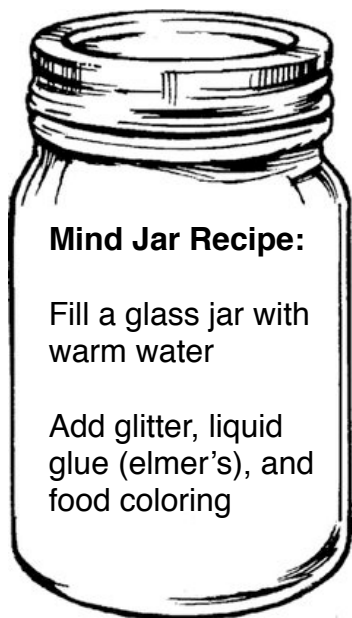


## HERE IS WHAT WE LEARNED IN YOGA TODAY

# MIND JAR: Helping us to B-Settled

*The mind jar gives us a visual anchor so that we can calm and re-center ourselves as we view the glitter in the jar settle to the bottom.*



When you shake the jar, all of the glitter will disperse, clouding the water causing the glitter to move around in chaos. The shaken mind jar represents what we feel like when we get shaken by tough emotions. We become shaken when we experience aggravation, anger, sadness, nervous, etc.

Our mind and body can then feel like a mixed up mind jar. Our thoughts become cloudy. Our body can feel unsettled. Sometimes we may feel as if there are "butterflies in our stomach."

We can help settle our own body and mind as we watch the glitter within the mind jar settle. As you view the glitter slowly touch the bottom of the jar, notice your breath. Keep your attention on your breath until all of the glitter reaches the bottom of the jar. Once it is all settled, close your eyes. Check in with your own body/mind. Is it settled in there? If you answer, "NO," that's OK. Take a few more deep breaths into your belly.