

# *mindfulness* IN THE CLASSROOM

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TEACHING FOR ACTIVE AND ENGAGED LEARNING  
Lilly Conference - San Diego, California - February 27-29, 2020



# What is mindfulness ?

The awareness of what is happening in the present moment within and around you, with total acceptance, a curious nature and without judgment (Kabat-Zinn, 1990).





# Student Success





# Instructor Success





# Practical Integration





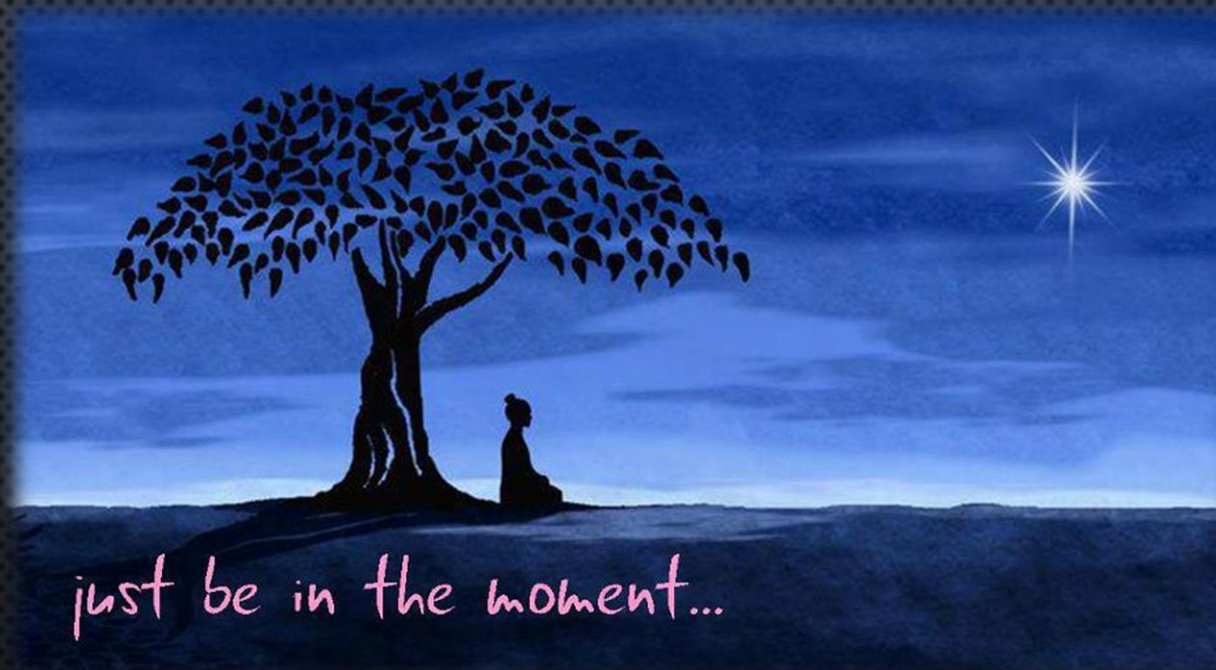
# Do you know how to breathe?



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# Mindfulness Meditation



*just be in the moment...*





# Guided Meditation Exercise

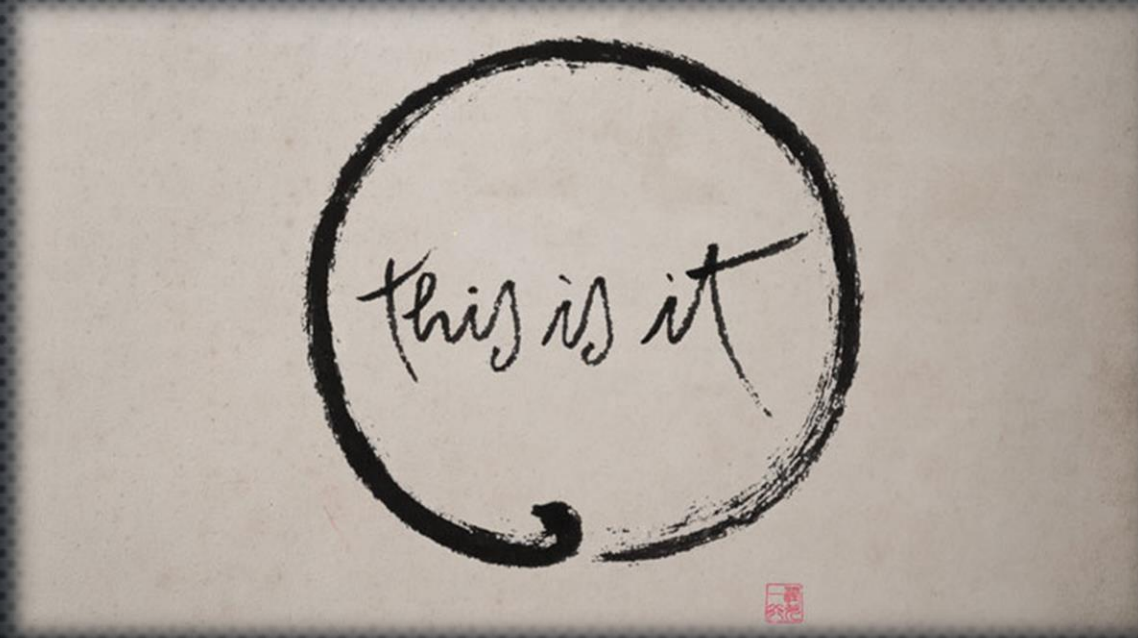




# What color are my socks?







Thank you for spending part of your morning with me!  
I hope you found it beneficial...please stay in touch!  
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