

Name _____

Meditation: The Zen Heart of Yoga

Open-Ended Response Questions

1. Imagine you are guiding a friend through a short meditation session as part of a beginner's yoga practice. Describe the steps you would take, including the meditation's focus and its potential benefits.
2. Reflect on the idea that meditation is not just a component of yoga but also a valuable practice for daily life. How can the benefits of meditation be applied outside of the yoga studio to improve well-being and reduce stress?
3. Discuss the significance of deep relaxation, such as Savasana, in yoga practice and its role in meditation. How does it contribute to the mind-body connection?
4. How can individuals with busy schedules or limited time incorporate meditation into their daily routines? Provide practical tips and examples.

