

Westford Public Schools

Administrative Offices

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April 1, 2020

Good morning,

The Health Department and The Westford Public School Nurses wanted to share some home or office meditation links that may be helpful in getting you through a day. These are all from a Chris Connolly, who teaches yoga in Town. Please share with your families to help de stress everyone in the house!

<https://www.tarabrach.com/guided-meditations/>

There is a new meditation here at least one per week. Tara Brach is awesome.

<https://kripalu.org/resources/breath-and-belly-meditation-relieve-stress>

This is a 3-minute one simply focusing on breathing. Michelle is awesome, she was one of my teachers during my yoga teacher trainings.

<https://www.youtube.com/watch?v=74sUsgMxb8c>

Jonathan Foust. Another one of my teachers. He's great!

<https://www.youtube.com/watch?v=1isovEem58c>

Another one of Jonathan's This one is a little bit longer 21 minutes.

<https://kripalu.org/resources/15-minute-yoga-class-larissa-hall-carlson>

This is a 15-minute yoga practice by one of my other teachers.

Remember the rules! Social Distance, hand washing, stay home if you are sick! We are one day closer to beating this! Stay strong everyone!

Please feel free to e-mail any of the school nurses with any question or concerns.

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