



Grounding Your Music Therapy Practice: Adaptive Yoga Principles for Self-Care

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View and/or download the slides from today's presentation at
<http://joyfulnoisesllc.com/links.html>

Drishti Exercise

What is your focal point? _____

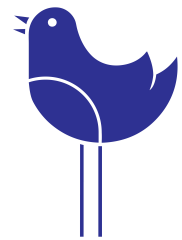
Who supports you? _____

How can you support others? _____

Action Items

How will you incorporate yoga principles & techniques more intentionally into your self-care?

Space for Doodling...



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If you have any questions or comments, please contact me.

(Special thanks to Julie Palmieri of Serenade Designs for this handout format!)