

# Post-Class Rituals

## *HELPFUL TIPS*

### *RETURN TO YOUR BODY, BREATH, VOICE AND HEART*

Cool-Down! Re-establish the boundaries of your own body, separate from your students.

### *ACKNOWLEDGE THE SHARED EXPERIENCE*

Express gratitude for the communal experience that was shared and the individual experiences that were not.

### *EMOTIONALLY DETACH FROM YOUR STUDENTS*

Consciously and compassionately separate yourself from the emotional journeys of your students.