

Nourished Teachers

Back to school meditations:



[Back to School](#)



[Calm and Centred](#)



[Peaceful Mind](#)

Morning meditations:



[Connect with Joy](#)



[Ready for Work](#)



[Peaceful Connection](#)

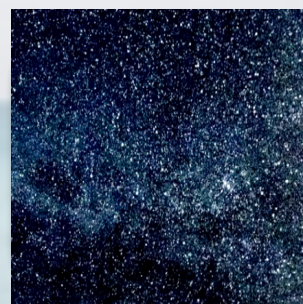
For the classroom:



[Kindness](#)



[Mother Earth](#)



[Quick Calm](#)

For whenever you need:



[Brain Cleanse](#)



[Unwind](#)



[Staff Meeting Starter](#)

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