

Participant Gift

If you'd like to offer parting gifts for participants, print this page on cardstock as many times as needed, cut out the cards, and offer them at the end of each session for participants to take.



Quiet Hour Process			Quiet Hour Process		
In a Natural Spot	~Minutes for ½ hr.	~Minutes for 1 hr.	In a Natural Spot	~Minutes for ½ hr.	~Minutes for 1 hr.
Agreements	1	2	Agreements	1	2
Get Comfortable	3	6	Get Comfortable	3	6
Center	3	6	Center	3	6
Breathe	3	6	Breathe	3	6
Notice—Feeling	3	6	Notice—Feeling	3	6
Notice—Seeing	3	6	Notice—Seeing	3	6
Notice—Hearing	3	6	Notice—Hearing	3	6
Notice—Smelling	3	6	Notice—Smelling	3	6
Notice—It All	5	10	Notice—It All	5	10
Appreciate	3	6	Appreciate	3	6
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