

How to best use our App without a Koru Teacher.

We've offered up our app to anyone who needs it whether or not you're taking an in-person Koru Class.

Here are some tips on how to get the most out of it!



Create your Koru account by registering for our special class: » koru.site/coronaresilience
(Ignore the class dates. This is a virtual class with no in-person meeting times.)

Download the app at Google Play or Apple Store and login with your account details used when you registered for the class.

Tap one of these buttons:

 + START PRACTICE

 Practice

Follow the prompts on the screen to log your practice. This includes:

- **Gratitude:** check out the Gratitude River to see what others are feeling grateful about. This is a great way to get some positive energy. *Not required but very useful!*
- ★ **Selecting and doing a Guided Meditation:** We recommend starting with Breath Awareness, Belly Breathing, and the Gatha. Visit student.korumindfulness.org for more info on these skills and video tutorials. *Required.*
- **Reflections:** Record your thoughts on the meditation session. A Koru faculty member will provide some limited mentoring to help you grow your practice. *Not required but very useful!*
- **Selection of skills:** *Not required*
- **Mindful Activity:** What is 1 thing you'll do today that you will do mindfully and with intention (we recommend washing your hands). *Not required but very useful!*



We encourage you to explore the app a bit to see what it has to offer! And make sure to check out what's behind those lightbulbs!

Please keep in mind that the app is designed to support students in their in-person course. Please disregard language referencing classes.

For free resources, visit:
STUDENT.KORUMINDFULNESS.ORG



KORU
mindfulness