



TEACHING MINDFULNESS

Phil Jackson says that when he began coaching the Chicago Bulls—and later the Los Angeles Lakers—he used the Zen philosophy of mindfulness to help build both teams. Watch as Phil explains why that practice helped build mental strength and find out what happened when he asked the most famous basketball player in the world to do tai chi, practice yoga, meditate and even play in the dark.

Watch the short video and demonstrate ways you can be “mindful.” Email us your answer at myrmidonwrestling@gmail.com