

Home Practice following Class 1

1. Practice the *Body Scan* five times before we meet again. (use the audio for guidance)
2. Bring mindful attention to one meal or part of a meal each day – paying attention to sight, smell, hearing, taste, touch, and thoughts.
3. Choose one routine activity in your daily life and make a deliberate effort to bring *moment-to-moment awareness* to that activity each time you do it, just as you did it during the raisin exercise. Simply zero in on *knowing what you are doing as you are actually doing it*.
4. If you like you can track your home practice using Home Practice Form on the TSPMG Mindfulness webpage.