

## Home Practice following Class 2

1. Practice the *Body Scan* five times before we meet again. (use the audio for guidance)
2. Do 15 minutes of sitting meditation, Awareness of Breath, 3 or more times. (use the audio for guidance)
3. Complete the Pleasant Events Calendar. Bring this to Class 2.
4. Choose a different 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. Simply zero in on *knowing what you are doing as you are actually doing it*.
5. If you like you can track your home practice using Home Practice Form in on the TSPMG Mindfulness webpage.